



The Complete Ayurvedic Cookbook

4th Edition

Acidify and Live – an Ayurvedic Alkaline Diet

Jay D. Mulder B.Hlth.Sc.
Cert. Ayurveda, Dip. Nutr., Dip. Herb.
Member, Australian Traditional Medicine Society
& Australasian Ayurvedic Practitioner Association





“Nothing is good, nothing is bad;
However it is time, place, individual, qualities and
circumstances which determine so!”

Jay D Mulder

CONTENTS

	Page
Eight Ayurvedic Cooking Concepts	3
Acidify and Live!	15
Timeless Knowledge – NO Diet Diets, Muesli, Ghee, Cholesterol and Six Tastes.	28
Breakfast Ideas	35
Rice & Bread	39
Essential Additions	45
Main Meals	51
The Luxuries	65
Drinks & Desert	69
Ayurvedic Gems	76





You might pose the question: 'The Complete Ayurvedic Cookbook', so small how can it be complete?

Complete in the sense of being essential and dealing with the heart of Ayurvedic cooking such as the philosophical concept of tridosha or harmony, the cooking technic of chauncing and the unique concept of wholesomeness according to Caraka 600 BC.

EIGHT AYURVEDIC COOKING CONCEPTS by Jay D Mulder

- 1. Tridosa – The Ayurvedic concept of harmony**
- 2. The 'Chaunce' – The original concept of a curry (not necessarily chilli)**
- 3. Wholesomeness – Ayurvedic concept of Agni (digestion)**
- 4. Drinking with meals – 'The art of health'**
- 5. The prudent use of yoghurt for health – Yoghurt as a channel blocker**
- 6. Salt and Ayurveda - Understanding Ayurvedic mineral salt**
- 7. Pippali – Long pepper a tridoshic warming digestive**
- 8. Safe Carbohydrates – Realising nature's balanced package, wholegrains!**

1. TRIDOSHA

The world is constructed of five elements, namely earth, water, fire, air and space which act as the three dosha, vata, pitta and kapha, in the human body. All foods, spices and habits affect the doshas either pushing them into or out of balance. A good example is chilli which is very hot and drying; this can be disturbing to many and cause disease with overuse in chilli lovers. By using a small amount of chilli fried in ghee then discarding the chilli the energies have been made TRIDOSHIC or balanced. Ghee is cool and wet, chilli is very hot and drying, and when these energies are combined they balance each other to a large extent. Ghee aids digestion although it has a cooling energy.

Some people find it difficult to eat bananas because they are cold wet and heavy, Ayurveda offers the idea of adding honey and pippali (pepper) to bananas. This summer please try cold watermelon from the fridge dusted with fresh pippali or black pepper. Any meal requires balancing too little or too much of any one item causes imbalances to form over time, therefore meals should have good variety, an entire meal of potato chips for example will throw the body into chaos if repeatedly indulged in. The chips need to be accompanied by a well-dressed salad, a digestive drink and some other vegetables and digestive chutney or sauce.

Tridosha in other words is using cooking processes, the use of spices, dressing as with salads and combinations to balance any meal. Brown rice is very heavy and hard to digest but is also a safe carbohydrate, so over-cooking the brown rice in a traditional kitchari proves a good idea for those who have not got a cast iron stomach but want the benefits of wholegrain. Also the ghee and tasty spices add a digestive tridoshic energy to any dish.

A few very crude example of the tridoshic concept could be that coffee can be disturbing to the adrenals. If a person is addicted or habituated to coffee, one can chew cardamom pods with or after the coffee to balance the adrenal blow somewhat.

If one is a chocolate-holic what can be done to balance the habit, besides controlling it would be to resort to chilli or pippali chocolate. Sweet taste is cold, heavy and wet and taxing to the digestive fire and damp for the spleen. Sweet also accumulates ama or undigested toxins, pippali and chilli are light, cutting, drying and hot while clearing ama.

2. A SPICY CHAUNCE

A chaunce is spices, mildly cooked in ghee; used to flavour your dishes!

Ghee which is the best cooking oil for several reasons, namely;

- a. Ghee improves digestion and is not taxing the liver
- b. Ghee can handle high temperatures without structural change
- c. Ghee is a natural flavour enhancer.
- d. Ghee lowers cholesterol
- e. Rich source of omega 3 & 6 fatty acids
- f. According to Ayurvedic philosophy ghee being animal fat is similar to our fat, therefore an excellent delivery system of nutrients to the mitochondria and nuclear membrane of the cell.

Heat say a tablespoon of ghee, over a moderate to low flame, add a few pinches of mustard seeds that will pop after a few minutes, turn down the heat once they start popping, add a good few pinches of cumin seed, stir for 30 seconds add fenugreek seeds after another 30 seconds add a pinch of hing, stir and remove from heat. That is a chaunce; you have diffused the flavour and energies of the spices into the ghee. Children and myself do not like too many crunchy seeds but we love the flavour so if you wish scoop out some excess seeds leaving the flavoursome ghee.

You can either throw this chaunce into a dahl, over a pot of rice or into a pot of steamed vegies. A mustard chaunce can be added to yoghurt for a raita. Or vegies can be added to the chaunce stir fried for a minute then add water or whey and steam.

3. WHOLESOMENESS

‘That food which nurtures all the tissue of the body, and which puts the body into balance, is wholesome’.

Wholesome food nurtures the plasma, blood, fat, muscle, bone, nerve and reproductive system and establishes the body in equilibrium as simple as that. Wholesome food in order to fulfil these goals needs to be digested and metabolised, Ayurveda states, ‘Most diseases are caused by mandagni (slow digestion) and the creation of ama (undigested particles).’ So for the sake of modern times here is a definition of wholesomeness,

‘That food which is fully digested and also nurtures all the tissue of the body, and which puts the body into balance, is wholesome’.

In other words a raw organic carrot from the fridge chewed incompletely can be said to be unwholesome whereas a cooked carrot with digestive spices could be considered wholesome if fully digested.

The most fabulous smoothie in the world with fresh organic Alaskan ice, and all health goo in the world is considered unwholesome if not fully digested. If the tongue is coated the brew has a negative effect by taxing the metabolic fire. Basically it can be concluded, **‘Nectar turns to poison if not digested!’**

4. DRINKING WITH MEALS

I was surprised to find Ayurvedic books on the merits of drinking with meals. Actually many verses glorify liquids with meals. Of course the Western argument is that liquids dilute digestive juices and cause indigestion! This of course is a partial truth.

If it were totally true that one should not drink with meals, then logically, eating dry powder would have to be the healthiest food!

Yet everyone from Grandma to Aunti knows soup is the best food when illness strikes. Mother Nature on the other hand has made a huge blunder and has stationed liquid channels in the mouth generating saliva. Therefore the Ayurvedic view is to sip a digestive warm or room temperature drink between morsels of food to stimulate and cleanse the pallet. Warm ginger tea, mild apple cider vinegar in water or salt and peppered buttermilk, or simply hot, warm or room temperature water depending on season, time of day and digestive capacity can be taken to enhance digestion and therefore health.

Of course iced or cold drinks, soft drinks and cold milk or over drinking are harmful at mealtime and will cause disorders to manifest overtime. According to Ayurveda by disturbing digestion and the elements of the body, namely vata, pitta and kapha, diseases are generated overtime by constant accumulation of those elements.

5. YOGHURT Terribly bad, wonderfully good!

Knowledge certainly plays a major role in our health; according to the Science of Life or Ayurveda.

Ayurveda is the ancient wisdom of India that embraces health knowledge from more than 2000 years of experience. The expertise on how to use yoghurt is a case in point. According to Ayurvedic understanding – yoghurt is really not a food, but an adjunct to food. It is a great probiotic in small amounts, but a channel blocker in larger quantities. Hence, those of us who are eating large meals of yoghurt with a sweet taste will, ultimately because the finer channels in our bodies to be blocked.



The penalty for over indulgence is congestion that can take the form of coughing, wheezing, mucus discharge from the mouth, chest infection, halitosis (bad breath), poor appetite, headaches, fungal infections and fatigue.

Ayurveda recommends taking yoghurt in small amounts; say a few tablespoons, with Ayurvedic salt and/or pepper, once or twice a day.

Yoghurt consumption needs to be decreased in cold, damp weather. Over brewed yoghurt with a tart or sour taste is considered ‘evil’ in the Ayurvedic tradition as, inevitably, there will be a severe acidic effect on the body. Notably, we should also avoid yoghurt with added milk solids or sugar, as it increases the channel blocking power. Be careful of yoghurt after dark; especially in winter, and never mix milk at the same sitting as this may cause flatulence or indigestion. Your expensive probiotic powders and capsules are less effective than a dash of several brands of yoghurt; according to a study by Australian Naturopath J. Hawrelak, and published in the *Journal of the Australian Traditional Medicine Society* March 2002 (Volume 8, Issue 1). People with lactose intolerance can take this recommended amount of yoghurt with no problem, because the lactose has been converted. However, if the yoghurt has added milk solids then there may certainly be a severe reaction.

In conclusion: avoid sweet meals with large amounts of yoghurt. Save money and have a dollop of yoghurt with pepper and/or salt for an excellent probiotic and digestive effect. Avoid yoghurt that has sugar, added milk solids or is too sour. Eat less than two tablespoons of yoghurt at a sitting. Even if you are lactose intolerant; try a dash of pure yoghurt like ‘Paris Creek’ with pepper and a warm, savoury meal.

Please remember: Yoghurt is a great medicine, but once the line of excess is crossed — yoghurt can be a great poison! In the light of Ayurvedic knowledge; you can maintain your health in balance by choosing and taking your yoghurt wisely.

6. AYURVEDIC MINERAL SALT

“Salt used correctly would be the most important ingredient of most dishes”!

The salty taste promotes digestion, is moistening, enkindles digestive fire. Salt is penetrating, sharp and fluid and functions as a sedative, laxative, de-obstruent. Salty taste alleviates *vata*, relieves stiffness, contractions, softens accumulations and nullifies all other tastes. Salt promotes salivation, liquefies *kapha*, cleanses the vessels, softens all the organs of the body, and gives taste to food. It is heavy, oily and hot.

Yet, when used by itself or in excess, salt aggravates *pitta* causing stagnation of blood, creating thirst, fainting and the sensation of burning, erosion and wasting muscles. Over use of salt aggravates infectious skin conditions, causes symptoms of poisoning, causes tumours to break open, makes teeth fall out, decreases virility, obstructs the functioning of the senses, causes wrinkling of the skin, greying and hair loss. The salty taste promotes bleeding diseases, hyperacidity of digestion, inflammatory skin diseases, gout and other *pitta* diseases.

Therefore to confirm this Ayurvedic concept:

**“Nothing is good, nothing is bad;
However it is time, place, individual, qualities and circumstances which determine so!”**

*“Saindava, Ayurvedic salt this term is applied to rock salt which is the best of all salts.
The pure white crystalline salt is preferred for medical use.”*

Indian Materia Medica by Dr A. K. Nadkarni

*“Saindhav is the rock salt given preference over other salts.
This salt is slightly sweet and not hot.”*

Ayurvedic Pharmacology & Therapeutic Uses of Medicinal by Vaidya V. M. Gogte

“Salt is essential to life in the right proportion. Saindhava rock salt comes from the open mines inland. It is considered the best of all salts as it is easy to digest, and does not cause water retention as readily as other types. it is classified as netya and is beneficial to the eyes.”

Ayurvedic Medicine by Sebastian Pole

Saindhava, Ayurvedic salt is extremely high in minerals and is used in Ayurveda as a digestive medicine because of its superior qualities. It is cooling, sweet and easy to digest and balancing to the three Doshas (tridoshic). As a **muscle relaxant**, Saindhava, Ayurvedic salt is applied in a **warm bath** which is also used to treat **rheumatism, contracted joints and stiff shoulder**. It can also be used in **neti**. Ayurvedic salt has a cross mineral content with natural potassium and magnesium according to an

Australian test. According to Ayurvedic texts by Acharya Vipul Rao, iodine and other minerals are also present.

7. PIPPALI - INDIAN LONG PEPPER

Hot substances are digestive but are not tolerated by all, especially the dry extreme heat of chilli which may cause stomach ulcers if overused. Pippali is warm yet a sweet after taste calm down the heat with a cooling energy. Pippali is accepted as a tonic in Ayurveda while chilli long term is debilitating.

Western life is full of hot, drying and acidic foods and many love eating these very heating foods. The result after some time is ulcers, gastritis, IBS, painful joints and inflammation.

Pippali is an extremely interesting spice. It is, as expected, warming but also has a very sweet grounding energy, digests toxins and has a cooling after energy. In India it is used as a liver tonic and tasty, digestive that is unlikely to aggravate heat at reasonable amounts. Pippali is a great alternative to acidic spices and pickles that cause disease long term. Pippali is used in many Ayurvedic digestives and medicines whereas chilli is rarely found in therapeutic products because of having severe mono energies, such as extreme heat and dryness. Pippali goes well on savoury or sweet dishes.



A GRAIN OF TRUTH

**The ancients have said, “Bread is the staff of life”
In the 20th century – “Bread is the bludgeon of life”**

The fine line between a staff and a bludgeon is realising the difference between a complex and simple carbohydrate!

Of late, in my Ayurvedic cooking classes, I tend to focus on a particular subject, opening a lesson like: “Tonight’s Ayurvedic cooking demonstration has the theme, ‘How to balance blood sugars’. I think we all have experienced those frazzled anxious moments when our blood sugars are too high or fading moments of sheer emptiness beyond exhaustion when blood sugars are too low. This roller coaster is caused by simple sugar itself. Everybody knows that. But to understand further with a broader perspective, we need a little biochemistry. If left unattended, blood sugar imbalances can cause a collection of diseases.”

“Here is a whole grain which has many names”, I say to my students. “It is a complex carbohydrate, long chain saccharides, poly saccharides or a combination of fibre, starch or basically – a complex sugar. In contrast, table sugar is called a simple carbohydrate or mono saccharide, and some other sugars are called disaccharides (which are two molecules of sugar). Now what is the difference between complex carbohydrates (or polysaccharides) and the simple carbohydrates (or simple – mono or di – saccharides)?”

In Ayurvedic medicine and philosophy the answer relates to “acintya bhedabheda tatva” or how to perceive the difference within sameness. Both complex and simple carbohydrates are sugars – yet the difference is vast, as we often discuss in a cooking session. The simple carbohydrates (i.e.: sugar and processed flour items) rush into the blood, being absorbed from the mouth, throat and stomach. Complex carbohydrates (whole grains) – on the other hand – are slowly absorbed into the blood, from the small intestine. Because of the fibre content in complex carbohydrates, the blood absorption is regulated and thus is within what we call “the insulin zone”. This means that the hormone – insulin – is not required to be excreted by the body in vast amounts to balance blood sugars as it is in the case of simple carbohydrates.

Nature is accepted in Ayurvedic medicine as having intelligence. The fibre in the whole grain, which slows down the absorption of the complex carbohydrates, makes that conclusion self-evident. Furthermore, the whole grain has an anti-oxidant value with vitamin E and full chromium content, which gives further benefit. Chromium, of course, is recommended in diabetes and to balance blood sugars. Of course an excellent source of chromium is molasses which is mainly removed from the simple sugar and often feed to animals. With fresh whole grains nature has a complete package of balanced energy.

“Milled or processed grains are stale”, I explain to the class. “The natural oils are rancid because of storage and the fibre has been tampered with. In short, all processed grain products are nothing but simple carbohydrates or sugars with damaged fat and incomplete fibre. Since the fibre has been changed or removed and the starches simplified, the complex carbohydrates in the grain are transformed into simple carbohydrates.” An example I give is the great Australian cereals that are mostly 30% sugar, readable on the majority of packets. And what is the other 70%? Stale, denatured, processed grain, which has become and will be processed by the body as nothing but simple sugar. The reason why the 70% simple carbohydrates or sugars has 30% added table sugar is that the grains are so denatured that they are not palatable otherwise. Additionally because 90% of the fat, protein, minerals and vitamins are removed along with the fibre and germ of the grain, many cereal companies add a few synthetic B vitamins, which a chemical plant has produced through an artificial process. And that is considered the healthy breakfast of the nation! But biochemically speaking it is 100% simple carbohydrate or sugar. In 1980 we were told diabetes was number 12 disease, in the 90’s number 7 and now in 2002 the latest figures call diabetes the number 3 disease.

We want holistic balance, both mentally and physically. This can be achieved by eating complex carbohydrates and not consuming simple carbohydrates or processed grains. Why are 750,000 Australians taking anti-depressants, as the latest statistics show? Any herbal help a person is seeking for depression and related problems is greatly enhanced by a change in diet, switching from simple carbohydrates to complex carbohydrates. Weight control also becomes feasible. Insulin is sometimes known as the fat hormone but since complex carbohydrates are within “the insulin zone”, they do not aggravate the pancreas with excessive insulin production, or increase weight as sugar does, or ultimately cause diabetes. The liver when confronted with simple carbohydrates, process this simple energy quickly and stores the excess sugar as fat, which is called lipogenesis.



An old fashioned stone mill produces fresh wholesome fine flour!

Commercial oats cook in 30 seconds but organic rolled oats take 15 minutes until cooked. One is a simple sugar, the other a complex sugar. One is unhealthy, the other healthy. It is a fine line but to control blood sugars, weight and diabetes it requires to be drawn.

After eating whole grain breads, you subjectively perceive the difference between complex and simple carbohydrates. Whole grains put your feet on the ground. Returning to my cooking lesson, I usually relate some research: “Now in this fresh dough here, milled 20 minutes ago from organic wheat, is your daily dose of vitamin E. Over 50% of Australians are suffering and dying from heart disease and atherosclerosis, which is the number one disease. What is a fine nutrient for arterial problems, according to Lady Cilento? Vitamin E of course! This is not theory here. The grains used in this dough are living energy. Take a piece of dough about the size of a small lime. The dough should be wet, but workable. Add a little fine flour to aid handling. Press the dough down into a flat round piece and then roll it with a rolling pin till you have flat bread dough about 3 millimetres thick. Place the dough on a hot skillet or non-stick frying pan. After two minutes, turn it over. It’s a good sign when little air pockets develop. Now here is the fun part! Remove the skillet, place the bread on a piece of wire and turn the flame up full. Move the half cooked bread directly into the flame. When it puffs up like a ball, turn it over and repeat for 20 seconds. This makes the chapatti light and soft. Add a little butter or ghee or have it dry, as a bread.”

The common belief, that all carbohydrates are the same, is not a scientific deduction. Yes, it is true that every cell in the body and especially the brain require glucose for energy and to function, but how that sugar is supplied is important. The sugar that the body requires needs to be packed with fresh and whole fibre, fat, protein, vitamins and minerals. The absorption rate is of paramount significance. I explain to my students: “Here is an example: Petrol is the fuel in your car. Fuel is injected exactly at a monitored rate via a fuel injection system and previously a carburettor. That fuel cannot be supplied in vast or random amounts – otherwise the car would stall, flood or backfire. The regulator of blood sugars is nature’s fuel injection system. It is the whole grain with vitamins, minerals, fat, protein, fibre and long chain polysaccharides or sugars (complex carbohydrates). Short chain saccharides (simple carbohydrates) with neither nutrients nor fibre, will simply cause disease – mental or physical – when they are the mainstay of the diet. It is simply a matter of time. And unfortunately they are the staple of 99% of the population!”

There an abundance of authoritative books connecting simple sugars (or simple carbohydrates) to addiction, neuroses, schizophrenia, crime and depression. Candida, yeast infection, chronic fatigue, peptic ulcer, constipation, urinary tract infection, allergies, obesity, varicose veins and diverticular disease also have a low fibre, simple carbohydrate, connection. Sugar produces acid, - just put some in your mouth every day, and after a month your teeth will rot out. Sugar is also a promoter of inflammation. We all like our sweets within moderation of course and alcohol is part of our social culture. However, these again are simple carbohydrates or sugars.

Complex carbohydrates are a safe, balanced food. We are all prepared to spend money on health, but there are no magic bullets. No medicine will give us lasting health without the basic diet of complex carbohydrates, with common sense restriction on simple carbohydrates. The good news is that with a controlled diet of complex carbohydrates, and avoiding or moderating simple carbohydrates, you will be able to enjoy that Christmas feast and celebration drink with no side effects(within common sense boundaries of course). A little nibble of a fine chocolate will be balanced by your complex diet. However a double whammy of processed grains and sugars, day after day is too far over the top. The ancients relished and enjoyed their sweets but their intake of grains was always complex. That is balance.



Back to the Ayurvedic cooking, I see some smiling faces: “These chapatti breads are delicious, light, yet filling – tear off a chunk and scoop it through the spicy vegetables, which have been cooked in fresh whey sauce. Enjoy! Would anybody like another chapatti?”

If you take the time to make chapatti dough, and cook the chapattis you will experience the health benefits yourself. Kitchari, the most essential of Ayurvedic foods mentioned in this booklet can be cooked using brown rice and yellow split mung or pea. This is also a first class complex carbohydrate plus protein preparation.

For further information on this subject,

Download a free soft copy of the booklet entitled,

“Safe and Unsafe Carbohydrates”





Flaking grain & milling flour with the Marga Mulino

Flaking your own grains isn't limited to just oats. You can flake almost any grain you want, including wheat, rye, spelt, millet, kamut and more. You can also adjust the settings and produce a coarse meal.

The reason fresh flaked grains are so much better than their store-bought counter parts is the same reason that fresh milled flour is better. You get all of the vitamins, minerals and oils present in the grain. You have no oxidation, which means no loss of flavour and nothing is removed to extend the shelf life. This is why just like with fresh milled flour you need to use fresh flaked grains as soon as possible. They don't keep well. If you do end up flaking more than you need you can store them in the fridge for a few days. But, you should use them as soon as possible otherwise you lose the benefits of flaking them yourself.

The Marga Mulino is a simple unit that you attach to your table or bench top, you set a side knob in one of three positions (regular flake, quick-cook or cracked grain) and then put in your grain and start turning the handle. While it may seem like it would be hard to do it is surprisingly easy and quick making several cups of flaked grain in just a few minutes. It is easy to setup, easy to use and when you are done clean up is a snap.

The Marga Mulino has three options. If you choose the regular flake you get a thicker flaked grain that takes a little more time to cook, but like in the case of oatmeal makes a really nice chewy, hearty oatmeal that is just wonderful. The quick-cook setting makes a thinner flake that is more like instant oats in that it cooks in moments. In breads and such this type of flake tends to break down and really blend into the dough. When used for oatmeal it creates a creamier product. The final setting is the cracked grain setting which produces a rough meal / flour suitable for pancakes, pikelets, muffins and for producing rustic wholesome bread.

Available from The Ayurvedic Herb Shop 07 5478 8893.

www.eumundimedecineman.com for cooking demonstration

Please note; for a fine flour you will need a stone flour mill.



THE **ACID ALKALINE** STORY- Acidify and Live!

A Practical Ayurvedic Perspective

98% of Biological substances are acidic!

In elementary chemistry there are fluids, powders, gases or liquids which are either acid, alkaline or neutrals. Of all living biological systems 98% are acidic, 2% are either neutral or alkaline. A grape, or grape leaf, lettuce, pineapple all fruits basically contain a total acid content. Grains are generally slightly acidic and flesh is on the acidic side. In good health saliva and urine are slightly acidic. Urine has a daily shift between alkaline in the afternoon acidic in the morning. This simply shows the ability of the bodies metabolic systems to clear acids which are a natural result of living processes.

The blood is slightly alkaline. Digestive juices like pancreatic and bile are alkaline. In conclusion the body and foods are basically acidic with blood, plasma, bile and pancreatic juice giving the alkaline balance.

Many drugs derived from natural substances are extracted alkaloids (generally alkaline organic chemicals containing nitrogen) like opium derivatives and quinine. Even though they are produced of acid plants they are poisonous because of being extracted concentrates.

According to Ayurvedic philosophy the universe functions on the principle of the sun (pitta or acid) giving heat or metabolic force while the moon (kapha or alkaline) maintains the juice of life. Acid or pitta is the metabolic principle that powers every cell of the body while alkaline or kapha is the principle that protects, stabilises and nurtures every cell. A crude example could be your body compared to a car, with pitta as petrol and kapha as oil. Both are essential, the oil compensates for the friction of the combustion, while petrol fuels combustion.

Balanced Action is the key

‘Finding a balance in the acid alkaline debate’.

It appears that acids are the life sustaining chemicals of human life and that alkaline is the balancing agent. Accepting alkaline as the balancing agent means just that, in other words too much or too little alkaline substances will cause health problems. An Ayurveda verse states, ‘too much of nectar, turns to poison’! So even though alkaline substances are the balancing agent of acidic substances, over indulgence in alkaline is as detrimental as under indulgence! This is the Ayurvedic message of mithya yoga, or ‘faulty action’ such as over-action, under-action or improper action. Ayurveda encourages yoga in action or balanced action. Over-action, under-action or improper actions are the major cause of roga or disease.

Life is a balance of opposites; health is never a one-sided affair!

Over-Action as a cause of Disease

Ayurveda has for thousands of years documented the follies and faults of human beings namely that faulty action is one major cause of imbalance of the body and disease. Excess of nectar causes imbalance overtime turning to poison and poison taken prudently can be used as a profound medicine. The six tastes are a very good example, each with negative results when taken in excess or deficient intake.

For example; The sweet taste (as it is of the same nature as the human body, whose tissues taste sweet) promotes the growth of all bodily tissues and *ojas* (vitality). Aiding in longevity, it is soothing to the five sense organs and the mind, and gives strength and a good complexion. Sweet taste alleviates *pitta*, *vata* and the effects of poison. It also relieves thirst and burning sensations and promotes the health and growth of skin and hair. It is good for the voice and energy. The sweet taste is nourishing, vitalising, gives contentment, adds bulk to the body, and creates firmness. It rebuilds weakness, emaciation and helps those damaged by disease. It is refreshing to the nose, mouth, throat, lips and tongue, and relieves fits and fainting. The favourite of insects, particularly bees and ants, the sweet taste is oily/wet, cooling and heavy.

Yet, when used by itself or in excess, the sweet taste creates obesity, flaccidity, laziness, excessive sleep, heaviness, loss of appetite, weak digestion, abnormal growth of the muscles of the mouth and throat, difficult breathing, cough, difficult urination, intestinal torpor, fever due to cold, abdominal distension, excessive salivation, loss of feeling, loss of voice, goitre, swelling of the lymph glands, legs and neck, accumulations in the bladder and blood vessels, mucoid accretions in the throat and eyes, and other such *kapha* related diseases.

Mistake of the intellect - Prajnaparadha

The major cause of the troubles of human kind is documented in Ayurveda as ‘crimes against wisdom’! Choices which defy intelligence. The choices we make underpin our very being and health or bring distress and disease. As it is said, ‘We are our own best friends and worst enemy’.

Philosophy as the Key to Transform the Enigma!

Night naturally arrives at a predestined time to cover the day; no one can continue the same activities for twenty four hours. Naturally the acidic activities of work, sport and executing responsibilities must ebb with the tide of darkness. No human being has the nervous system, muscle power nor mindset to stay continually focused. Night arrives to refresh with a covering of darkness, dopamine levels drop and melatonin begins to rise, cortisol levels which gave us the daytime flight and fight spirit also wane in a natural cycle. The body and mind relaxes, sleeps and regenerates for the

next cycle. The intertwining of opposites that support health ebb and flow just as the earth orbits and

When nectar is overused it turns to poison!

rotates beneath our numb feet. It is not possible to perceive these phenomena with gross senses. Similarly the mithuna or loving embrace of acid and alkaline, their interaction, interdependent and interwoven oneness and difference is a fascinating play of divine balance. I have denoted acid and alkaline with the personal term ‘their’ because this is a super intelligent system which defies pigeon logic of the present day and is as intelligent and as personal as life itself. To understand acid and alkaline is no small achievement, it is not purely by science that we can unravel this mystery but by adding a touch of philosophy!

Vinegar, Ayurveda and Folk Medicine

In 1960 Dr Jarvis of American Indian birth compiled Folk Medicine which is primarily the application of apple cider vinegar for balance and health. Vaidyaratnam (jewel of a doctor) P. S. Varier in his book of Ayurvedic treatments Chikitsa Samgraham has described a process for producing a medicine known as dhanyamla (wealth of sour). A fermented vinegar of a special rice, horsegram, lime juice, ginger and ajwan seeds. This was prepared in large quantities while burning incense and ghee lamp with the chanting of mantras. These acidic substances enkindle digestive fire, invigorates, awakens the mind, are strengthening and aids moistening and swallowing of food.

In Science, acid is considered as important as alkaline! Both interact, interexchange and are interdependent in biological processes. The acid alkaline harmony of various liquids in the body is paramount for balance and health. ‘Acid is not the big bad boggy-monster!’ The so-called health book ‘Alkaline or Die’ has no science, logic nor intellect. The fault with the Western brain, it rarely wants to look at both sides of the story. The Western idea of sensationalism requires one side of the story to be over emphasized and thereby distorted. An article entitled ‘The Miracle of Yoghurt’ or ‘Yoghurt, The Deadly Poison’, will catch the attention of the population. Whereas an article entitled, ‘Yoghurt, Terribly Bad but Wonderfully Good’ (see ‘The Complete Ayurvedic Cookbook’) will puzzle the Western boxed in thought which is on a mono rail. This balanced approach looking at both sides is not desirable by the bland Western intellect.

Ayurvedic Philosophy

The truth of the matter is incredibly simple, yet quite complex. The concept is

***“Nothing is good. Nothing is bad.
But it is Individual, Quality, Time, Place, Variables and Circumstances that
determine so!”***

The art of knowing Individual, Quality, Time, Place, Variables and Circumstances for a desired outcome is AYURVEDA! This philosophy shows the relativity of all items and how to employ all items for benefit. Some years ago a young man was lost in the icy Himalayan Mountains after many days he was given up for dead. His sister however due

Becoming excessively alkaline or acidic are toxic conditions!

to some deep intuition knew he was still alive. She travelled a huge distance; hired some Sherpa's and headed for the snow dredged slopes. Sure enough in a cave after almost 21 days she found her brother still living. He was a very intelligent man, he knew that if he drank water he would live a long time without food, yet he knew if he sucked ice he would freeze and die, so what did he do? In his wisdom he took ever so tiny amounts of ice, dissolved it in his mouth and when warm swallowed the warmed liquid. In this case the philosophy of Chinese medicine and its fine application saved his life.

The Science of Tridosha-Balance

Ayurveda teaches the science of tridosha, how to balance the elements of nature, whether they are acid or alkaline, pitta or kapha, heat or cold, water or fire, the result of balance is life or vata. Water is essential to life; we have heard that we are more water than any other element. Water is therefore nectar. Cold water gulped in cold season by an elderly person is poison. Warm or hot water sipped in cold season is nectar. On the other hand hot water in summer can be poisonous and cause disease with overuse.

Where to measure Ph?

What is acidic or alkaline when it comes to the human body?

This is a difficult calculation. Saliva is slightly acidic at 6.8, while stomach acid is very acidic at 1.6, as the food progresses along the GIT at the small intestines and the pancreatic channel the Ph is 8.00 while more alkaline at the bile duct 8.2. And if measured the skin of your big toe it would be slightly acidic!

Alkalinity is the most favourable situation for Bacterial growth!

On the other hand bacteria cannot survive in an acid tummy.

Dr Jarvis explains in his book Folk Medicine, the following table of bacteria and favourable reactions for growth are slightly alkaline.

MOST FAVORABLE REACTION OF MEDIA FOR GROWING PATHOGENIC BACTERIA

<i>Microorganism</i>	<i>Reaction</i>
Staphylococcus	7.4 alkaline
Streptococcus	7.4 to 7.6 "
Pneumococcus	7.6 to 7.8 "
H. Influenza	7.8 "
Meningococcus	7.4 to 7.6 "
Gonococcus	7.0 to 7.4 "
Corymbacterium diptheriae	7.2 "
B. abortus	7.2 to 7.4 "
B. tularemae	6.8 to 7.3 "
Clostridium tetani	7.0 to 7.6 "

It becomes apparent, as one studies this list, that microorganisms harmful to the human body grow on an alkaline soil. This is particularly interesting in the light of the evidence that in dairy cows and human beings alike, an instinct exists which leads them to seek an acid intake.

We can understand that a salad requires dressing with vinegar for digestion, flavour and bacterial protection! From the energetic understanding salad is cold, dry and light which are the qualities to disturb Vata. However when a salad is properly presented with oil, vinegar, lime juice, Ayurvedic salt and pippali, the opposite energies like wet, heavy and hot are enhanced thus balancing any faults or constitution that a salad may naturally have due to its inherent qualities (gunas) as mentioned. Salad in cold weather, not properly dressed or in excess will retard the digestive fire causing secondary acidity. This secondary acidity will be explained later in this article.

When Acid is Alkaline!

In biological reactions an acid is a proton donor, when a weak acid like apple cider vinegar or citric acid dissociates in water it becomes ready to act as a base because it has lost its protons and is therefore ready to accept protons which make an alkaline substance. Congenitally some substances are called acids and others base or alkaline. This is measured from the pure substance not in association with water. In other words citric acid and acetic acid dissociate in water to become alkaline or base substances. Warm or hot water chemically speeds up the reaction of acetic or citric acid having an alkaline reaction.

Alkalosis causes the acidity?

The majority of clinical presentations are of an alkaline nature, low stomach fire, damp spleen, dullness, constipation or diarrhoea, reflux, stomach ulcers or irritable bowel syndrome. The tongue can be thick and swollen, pale, thickly coated or peeling with crinkled indents at the side. This indicates erratic or slow stomach fire (agni) in Ayurveda. Any acidity of the system is caused by a primary alkalosis. The saliva is alkaline not slightly acidic. To say, this person is acidic is true but the cause must be identified for proper treatment. So it might sound mind boggling but the acidity is treated with light cooked spicy food while sipping warm apple cider vinegar. The

acidity is treated with easy to digest foods and mild acids to improve digestion and cure the underlying problem of alkalosis which is actually blocking the system, causing secondary acidity.

In Ayurveda there are four measurements of the all important digestive fire known as jathara agni, namely; **Fast fire, slow fire, erratic fire and balanced fire.**

Fast fire may cause ulcers if excessive acids erode the tissue. Slow and erratic fires may cause ulcers because the digestive bolus sits in the stomach too long and collects improper acids from fermentation. It is these collected acids, which over time erode the stomach lining thus precipitating the possibility of ulcers.

So we have two types of acidity;

1. From high acid or over production.
2. Low acid or erratic acid production. Slow digestion.

Both acid and alkaline have favourable and unfavourable aspects!

In fourteen years of clinic only one high acid individual with several thousand low or erratic acid conditions tell the story.

This clinical experience gives way to the conclusion that most modern acidic conditions are due to a low acid stomach brought about by punishing the digestive fire with processed foods! Saliva is said by Totoro to be slightly acidic, yet it is difficult to find a person who has not alkaline saliva. Make a test, purchase test stripes from your pharmacy test your saliva and morning urine, both are meant to be acidic. Constant alkaline urine precipitates UTI, urinary tract infection. Alkaline saliva effects absorption and energy, showing an alkalosis.

Consider the condition of reflux, after one eats, the food sits in the stomach too long, (because of erratic and slow digestive fire) fermented acidic substances bubble back into the throat and erode the valves and tissue. Overtime this erosion gives rise to Barrett's Oesophagus and eventually cancer of the throat.

One may ask how to treat reflux?

1. Change the diet; enjoy fruits, vegetables and whole grains. Avoid processed foods which cause indigestion. Eat for digestion not to fill the hole. Avoid faulty combinations!
2. Improve digestive capacity with the appropriate digestive aid like apple cider vinegar, aasha churna, trikatu, triphala.
And the joyful use of spices.
3. Incorporate appropriate habits at meal times, no cold or ice drinks, no snacking on nuts between meals. Snack on light fruits, eat when digestion is available. Eat to digest!

The modern system of indulging fanatically in alkaline items while demonizing acidic items can only be described by the unkind words as the system of the square Western mono-thought; it holds no resemblance to how nature actually works!

Antacids equal Anti-Life?

The idea of antacids is the modern system of magical health by cheap trick. The PBS system subsidises antacids to the tune of billions of dollars per year for a refluxed population. Antacids simply block acidity also blocking digestion in the process. A good example is, 'You are driving your car when the red oil light flashes, you pull over and find an expert mechanic who simply cuts the wire, he tells you the light is off, the problem is therefore solved'.

Judge a meal by how you digested it, and evacuated nicely, taste is important but secondary to the above!

The Side Effects of Antacids

Pasty unpleasant taste in the mouth, diarrhoea or constipation, fatigue, dull brain, depression and lack of motivation, increased bacterial infections, increased food allergies and bone weakness, fractures and indigestion. But the good news from doctors is, 'We have Prozac'!

Antacid drugs cause the diseases of alkalosis variety, as much as excess acidic items cause acidosis type diseases. Researchers believe the side-effects of proton pump inhibitors PPI's (antacids) are worse than the so called disease. After all the disease that PPI's are used for is simply indigestion yet the side-effects create much greater diseases.

Acidic is a very general term indeed!

To gain an understanding of the acid conditions of the body we need to distinguish between *favourable* and *unfavourable* acidic conditions and also *primary* and *secondary* acidic conditions. If we simply use the word acid without differentiation of *favourable* and *unfavourable* and *primary* and *secondary* our understanding will be of little value to our health.

Favourable acid is when digestion is in prime condition, when food is fully digested in the correct time and before taking more food! At this time some acidic substance like spices, salt, pepper, chilli or vinegar can be used to assist favourable acidity. These acidic substances are taken relative to the individual, time of year, time of day, time of life and the digestive capacity. If these acidic digestive substances are under-used, over-used or miss-used the result will be imbalance or **unfavourable** acidic conditions.

If one extinguishes the digestive fire at meal times with icy cold liquids this will cause indigestion overtime and an alkaline condition. Food will sit longer and develop an unfavourable acidic nature, from stagnation and fermentation processes. Thus acidic conditions of the body are generally **secondary acidity** caused by impaired digestion. **Secondary acidity** is naturally an **unfavourable** acidic condition.

Thus most acidic conditions are directly the result of damage to the digestive power, and are thus connected to chronic indigestion. Thus this condition is called **secondary acidity** which is best treated by improving the digestion which is generally achieved through prudent use of acidic substances. These acids give an alkaline reaction.

The acidic digestive fire is known in the traditional ancient Ayurvedic literature as Bhagavan Isvarah or almighty God!

The sun has favourable and unfavourable aspects, however one cannot exist without the sunshine! Similarly it is not possible to live without acid which also has favourable and unfavourable aspects!

‘Acidify and Live’, is an Ayurvedic tatva (truth)!

Acid and the Body! Alkalinity or acidity is not synonymous with health. Acid is like sunshine or daytime, alkaline is like moonshine and night. Acid is working at your passion in life, alkaline is sleeping and gaining energy. Together they embrace, becoming holistic and sustainable.



Three Alkaline tongues with poor digestion and secondary acidity

Pitta and Acidity

In Ayurvedic medicine pitta is considered the functional acidic element of the body responsible for conversion of nutrients, eyesight, digestion, maintaining body temperature, body radiance and cheerfulness. Iron, magnesium, calcium and many more nutrients require an acid environment to be metabolized (acidified and dissolved into the body's channels systems for further conversion). Clinical

presentations of anaemia, bloating and indigestion, fatigued, halitosis, diarrhoea or constipation and dull brain are conditions caused by over alkalizing or neutralizing the natural stomach acids at meal time. Modern antacid medications do just that, they over alkalise the stomach, blocking the absorption of vital minerals which require acid to be digested. If the sun were not to rise again, how would the world cope? Similarly with deficient acidity and over alkalinity the energy of metabolism is covered by cold, wet and darkness.

The body will never be so simple, that by filling the stomach with alkaline water, health problems will disappear. Possibly we should wonder why nature organised Hcl acid in the stomach?

Automatic Acid Buffering Systems

Nature has organised the body with three acid buffeting systems. **The first one** is as simple as breathing; The exchange of air and waste from the lungs is a chief alkalizing agent imperceptively employed.

Secondly, the blood liberates bi-carbonate which keeps a narrow balanced Ph.

Thirdly,

A sour pineapple is acidic and heating and the same fruit, ripe and sweet is cooling and more alkaline!

the kidneys, with a hormone triggers a ph adjustment. **The body's intuition is equilibrium between acid and alkaline.** Instead of becoming a control freak by drinking alkaline water or glasses of bi-carbonate to snuffle any acidity in the stomach, ***one could work with the digestive force of the body*** by the use of mild digestives according to time, place, individual & circumstances.

Six Tastes every Day for Health

The Ayurvedic way of balance is to take the six tastes every day. Namely sweet, salty, bitter, pungent, sour and astringent food requires to be consumed with each meal.

Bitter taste we know as cooling, cleansing, alkaline, and lowering of blood sugars.

Good for weight loss and balancing the over indulgent in sour, salty and sweet taste.

Modern society has lost the connection with nature's alkaline herbs and instead eats meals of predominately sweet, sour, salty, pungent tastes with little astringent and no bitter.

Eat a bitter leaf with as many meals as possible; the ancients would chew a neem leaf. Also avoid excess fried food, sticky sweet and cold foods, commercial cheese and processed foods!

Vaidya V. M. Gogte explains why bitters substances are paramount in Ayurveda.

“Over indulgence in sweet-sour diets and lesser consumption of bitter food leads to a particular group of diseases which can be controlled only by restricting sweet-sour diets and judicious use of bitter diets.” Sweet and sour foods are predominant with taste; bitter diet is predominant in potency. Bitter taste gives strength to the stomach,

clears the G.I.Tract known as mahasrota, are easily digested, increase strength and is the medicine for plasma and blood. Bitter herbs are excellent for clearing toxins from the body, excess heat and are included in any fever remedy. Finally one incredible aspect of bitter taste is that it enhances other tastes even though it is not tasty itself.

Post Digestive Effect Vipak

Ayurveda has a concept known as vipak, which means ‘after digestion’. Nothing we eat or drink remains the same in the body. This may explain how a radical alkaline diet will acidify

the body over time due to food stagnation thus causing the channels to be blocked and acid build up. Also this explains again how acidic substances have an alkaline response.

“The world is dynamic, and the one constant thing is change.”

Grow a Neem Tree-Nature’s Antacid

Indigestion and constipation will cause many unfriendly acids to form even if the diet is alkaline.



Neem tree and leaf

Incredible Neem!

The Ayurvedic system encourages balance! To take all six tastes daily in moderation or according to need and the season. An easy way to take a bitter taste is to plant a neem tree, as simple as that and you have a bitter alkaline tonic with the above potent qualities as needed for the rest of your life. The cost is only some little care and water. It is simple, the body is created to simply deal with the perplexities of Ph balance, you, only have to cooperate with nature of your body!

Introducing Guduchi – Ayurvedic Acid clearing herb!

Guduchi is Dr Rajesh’s favourite herbal formula which targets the liver, kidney, digestive and immune systems.

International Journal of Ayurvedic Research-Guduchi herb

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2924974/>

The prime actions of this herb is as follows: **Radiation protective!**

The Radiation & Cancer Biology Laboratory, Department of Zoology, University of Rajasthan, Jaipur 302 004, India showed that Guduchi or *tinosporia cordifolia* is **gama radiation protective** in mice. Mice testicles that were irradiated actually continued to grow with prior internal doses of guduchi, not like the mice that had no Guduchi.



Guduchi is known as Amrta (nectar) in Sanskrit

Villagers go out each day to the vast forests of South India to harvest Guduchi vines (*tinosporia cordifolia*-in Latin).

The action of the Glycosides content of Guduchi:

1. It stimulates the function of macrophage and neutrophilla to produce leucocytosis.
2. It inhibits lipid peroxidation and free radical formation.
3. It decreases the capillary permeability and reduces number of disrupted mast cells.
4. It exhibited insulin like action and significantly reduces the blood sugar level.
5. It possesses antineoplastic activity and show cytotoxic effect on tumour cells by reducing GSH (glutathione) concentration.

The action of the Bitter content of Guduchi:

1. It reduced oxidative stress and lowers blood sugar level in body.
2. It enhanced lipid peroxidation in the liver and blood of tumour-bearing models and accompanied by significant decreases in the activities of GSH-dependent antioxidant. It lowers the lipid levels especially cholesterol and LDL-cholesterol in body.

Actions in Disease:

1. It is used in burning sensation, hyperdipsia, intermittent and chronic fevers.
2. It is used in inflammations, gout and skin diseases.
3. It is useful in flatulence, dyspepsia, vomiting and stomach problems. Can be very helpful with reactionary headaches.
4. It is used in leprosy, diabetes, cardiac debility, jaundice and general weakness.
5. It is also used in anaemia, uropathy and splenopathy.

Famous in Ayurveda as an anti-dote for poisoning and a substance that clears uric acid from the channels. Guduchi can be safely used in digestive and skin complaints in newborns from eight weeks.

Research Information : *Tinospora cordifolia* shows significant bactericidal activities. It improves bacterial clearance as well as improves phagocytic and intracellular bactericidal capacities of neutrophils. It also stimulates macrophage action. As a result of these actions Guduchi stimulates the immune system. (Ref. Thatte UM, Kulkarni MR and Dahanukar SA, Immunotherapeutic modification of *Escherichia coli* peritonitis and bacteremia by *Tinospora cordifolia*, IPGM (1992) 38 (1): 13-15)
Guduchi has a Cytotoxic effect - Cytotoxic substances used in the treatment of malignant and other diseases. Modern cytotoxic substances are designed to destroy rapidly growing mutating cells.

See, **Antimutagenic extract from *Tinospora cordifolia* and its chemical composition.** By Natural Plant Products Division, Institute of Himalayan Bioresource Technology (Council of Scientific and Industrial Research), Palampur, Himachal Pradesh 176 061, India. 23 July, 2010

Guduchi is a ‘Rasayana’ (Western idea of an adaptogen)

Rasayana = “an elixir”, alchemist, fluid channel, first rain, butter milk, mercury, pippali, a vermifuge (literally translations)

"One obtains longevity, regains youth, gets a sharp memory and intellect and freedom from diseases, obtains a lustrous complexion and strength of a horse." (Caraka Samhita 600B.C.)

For a complete research document on Guduchi go to:

International Journal of Ayurvedic Research-Guduchi herb

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2924974/>

In summary:

Nothing is GOOD. Nothing is BAD! However it is Time, Place, Individual, Variables and Qualities which determine so!

In Conclusion

The huge fault with over alkalizing the body through diet, artificial alkaline water or medication is poor digestion which naturally develops over time. In Ayurveda poor digestion is to be totally avoided because it is the root of all disease, fatigue and depression. The fire in the belly gives nutrients to all cells as well as the mind indirectly.

Alkaline is not bad in itself but when acid items are deficient in the diet and therefore the body, alkaline disease manifest

When the digestion is covered by a wet blanket, so is the mind, thus enthusiasm, vitality and brightness suffer greatly. Also the bazaar result of severe alkalizing the body and retarding digestion is secondary acidity due to slow stagnant metabolism.

The body has been crafted by nature with a keen eye and a sound intellect thus awarding acid buffering systems which naturally deal with this fault of metabolism namely a build-up of acidic substances. The body simply requires a little co-operation from the knower of the body to make wholesome and balanced dietary choices. It is noted in *Safe and Unsafe Carbohydrates* that modern processed foods have an increased acid reaction therefore whole grains, fruits and vegetables require to be the wise choice for acid alkaline balance.

Favourable acidity is when digestion is in prime condition, when food is fully digested in the correct time and before taking more food. Primary acidity is the acidity of digestion which supplies four billion cells with nutrients and thus vibrate life. For the purpose of knowledge, favourable and primary acidity require to be differentiated from unfavourable and secondary acidity.

Herbs such as Neem and Guduchi are nature's dedicated servants which not only reduce acidic conditions in the body but also improve digestion. Guduchi is also translated as the 'Protector of the body'.



Nature is not controlled nor manipulated, but adored, sublimely!

TIMELESS KNOWLEDGE

The No Diet Diet - Positive Food Alternatives p.29

*The 'Muesli', 'Cereal', 'Salad with Tuna' & 'Stir Fry' Health
Farce! P.30*

Fresh Spice Blends p.31

Cholesterol & Ayurveda – The Great Cholesterol Myth! P.32

Ghee (Pure Butter Fat) Lowers Cholesterol! P.33

The 6 Tastes p.34

THE NO DIET DIET - Positive Food Alternatives

The best diet is fun, enjoyable, nutritious and sustainable and is not a diet!

Breakfast Ideas

Pancakes with mushrooms, tomato, onions, avocado or paneer
Pancakes or Chapatti with avocado, lime juice, pepper and salt
Pancakes or Chapatti with hummus or Dahl, sliced tomato and paneer
Pancakes or Chapatti with maple syrup or honey with pepper
Freshly rolled Oats – Naturally sweetened with dates and cinnamon
Old fashioned Savoury oats
Dahl and vegies with a dry pappadam or chapatti and ghee
Leftover Subji's (warmed vegies) with a dry pappadam or chapatti and ghee
Fresh seasonal fruits or steamed fruits delight p.38 (if digestion slow)

Lunch Ideas

- Kitchari*
- Grandmas Mixed Bean Vegie Soup*
- Minestrone Meal*
- Dahl and vegies* with rice, a dry pappadam or chapatti
- Subji* with rice, a dry pappadam or chapatti
- Chapatti wrap with gourmet salad, add the dressing.
- Savoury Pancakes or Pikelets, with salad
- Spiced Rice

***Take to work with you in a thermos!**

Dinner Ideas

- Dahl and vegies with rice, a dry pappadam, chapatti or puris
- Subji with rice, a dry pappadam, chapatti or puris
- Kitchari, fried panner and chutney
- Grandmas Mixed Bean Vegie Soup
- Minestrone Meal
- Spiced Rice or Steamed Rice Cakes p.62
- Tomato Sauce with Pasta or on home-made pizza with paneer
- Vegetable Kofta Balls with Pasta or rice and a pappadam

Add a dob of yoghurt sprinkled with Gram Masala and salt to any meal.

Snacks

Seasonal Fruits - Avoid bananas in winter - Steamed fruit and drink hot water!
Fresh dates - use as legal sugar with tea or coffee. Be happy, eat a date!
Avoid nuts as a snack food; they take too long to digest. Nuts are a meal.

THE 'MUESLI', 'CEREAL', 'SALAD WITH TUNA' & 'STIR FRY' HEALTH FARCE!

The healthy breakfast, lunch and dinner of a healthy nation is a daily realisation in a clinical situation. Basically some individuals with partial knowledge have written a book or appeared on Oprah. Now every one conceives such is the healthy way for all nations, times and individuals. Actually the above heading is generally the idiots guide to health in a nutshell. Why?

1. Muesli is stodgy, stale, denatured, hard to digest and pre-cooked.

Yes, to purify and sterilise, manufacturers run the rolled oats through a heat process. Do you crush a garlic, apple or grain and eat it 8 months later? Why should grain be any different? The Simple Remedy is to roll your own fresh, soak them and create a healthy muesli with cinnamon, cloves, nutmeg, pepper. Only eat muesli when your digestion is powerful, the weather is warm, and you are active. The oats must be fresh & unprocessed and need to be soaked in hot water for ease of digestion.

2. Cereal is nothing but 100% sugar.

Read my book 'Safe and Unsafe Carbohydrates'. Cereal is so de-natured that one needs sugar to eat it. One night the rats escaped in a friend's laboratory. They were found in the morning having left the great "Bix" instead preferring the nutrition of the cardboard box, Yum! Western cereals are fools gold only, nothing worthwhile just a little reflection.

3. Salad – Eat according to time, place, circumstance and individual.

Salad is wonderful; there is no doubt about that! However, your well-dressed, fresh organic delight from Mother Nature's pharmacy is a summer delight. To eat salad in cool weather, undressed or with under active digestion is not recommended for health. As for the tuna or fish, it is stale, denatured and some cats might have second thoughts! Canned food was developed for soldiers at the battlefield ... ah the trophies of war. The best source of protein is a poached egg or hommos with salt and pepper with your salad in summer. In winter you may take soup, kitchari and pikelets to work for ease of digestion.

4. Stir fry vs Stir, fry, steam, steam!

Everyone who lives in the East knows the difference between fried and steamed food. But Western square brain has a problem with the Asian stir-fry. Most people toss it all in the pot with oil and cook. This is delicious of course - all fried food is, but it is heavy, channel blocking, more acidic and of course harder to digest. The idea is to fry the spices in ghee or oil with the veggies, capturing the flavour of the spices and then add a little water, whey or stock which then predominately steams the dish. This technique makes the meal tasty, light, digestible and less acidic.

So we need to change the name from stirfry to 'Stir, Fry, Steam, Steam'!

FRESH SPICE BLENDS

Fresh, vibrant and energetic spices can be ground in a stone mortar and pestle, no kitchen can be without one. The difference between fresh ground spice and shop powder is the difference between a sun filled day and a moonless night. It takes 30 seconds to make your own fragrant powdered blend! The potent essential oils and anti-oxidants remain in their full glory. Shop powders are generally stale.

Garam masala blend

Cinnamon, cloves, coriander, cumin, and dried bay leaf.

Variations include ginger, dried chilli,

Add to yoghurt and different vegetables dishes.

You can dry roast, in a fry pan before grinding for a toasted flavour.

Panch puran, Bengali five spice

Equal seeds of fenugreek, cumin, black mustard, fennel and nigella (kalonji).

Add very little to give your fried dishes a twist. Mortar into a fresh fine powder.

Sweet spice blend

70% Cinnamon bark, with a five pepper corns, three clove buds, and a piece of nutmeg.

Add to your fruits and sweet dishes like apple pie and cream. Also nice with tomato sauce. Mortar into a fresh fine powder.

TIPS Only add powders at the
end of cooking, last few
minutes.

They can be fried in ghee at
lower temperatures for a short
time only (seconds) or else they
burn!

Always grind fresh do not store,
fresh gives fresh flavour!

Keep those essential oils and
anti-oxidants at full potency!



CHOLESTEROL AND AYURVEDA THE GREAT CHOLESTEROL MYTH!

1. Cholesterol is an essential nutrient.

Not good and not bad, it is absolutely essential

The body uses cholesterol to digest fat (bile), as an ingredient in hormone production, also muscle and cellular repair. Cholesterol is of more than six types.

2. High cholesterol is not the total prime factor in death rates

The 24 Country study becomes the 7country study. When researchers found NO correlation between death rates and high cholesterol in a massive 24-country study, they simply discounted 17 countries that confused their findings. Now the 7-country study absolutely proves that high cholesterol equals high death rate?

3. Quality of cholesterol!

If the diet is full of low anti-oxidant, sticky, nutrient deficient processed foods which are high in starches and sugars, what will be the condition of the cholesterol, sticky, oxidised and excessive. **Remedy? Change your diet!**

4. WHO, Cholesterol and diet

“Diet is as good as medication and should be the first choice!” according to a World Health Organisation Report.

Cholesterol Lowering Procedures

- Eat Safe carbohydrates, Whole grains, fresh fruits and vegies
- Exercise
- Use ghee in your cooking
- Avoid processed artifacts! (not called food)
- Make the right choices and be happy!

When populations eat processed foods which have a massive dose of simple sugars, which are 'artifacts' (non-food work of art which are devoid of fresh antioxidants) and which clog the body and the arterial system because of little or damaged fiber, it is no surprise that arteriosclerosis is the prime cause of death for more than half the entire population.

This pandemic is simply diet related, glucose and fructose consumption has doubled fives times over the last eight decades. For more information read my book Safe and Unsafe Carbohydrates.

The food processing industry is killing you and humanity!

GHEE (PURE BUTTER FAT) LOWERS CHOLESTEROL!

Hypocholesterolemic effect of anhydrous milk fat ghee is mediated by increasing the secretion of biliary lipids.

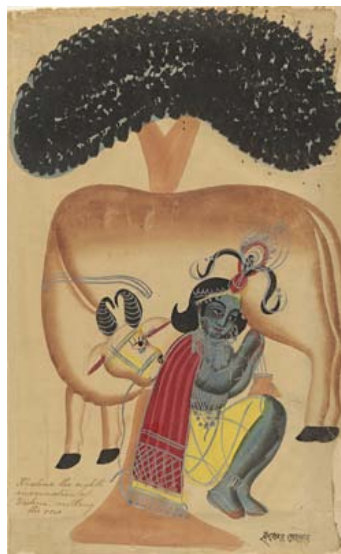
Matam Vijaya Kumar, Kari Sambaiah and Belur R. Lokesh Department of Biochemistry and Nutrition, Central Food Technological Research Institute, Mysore, Karnataka, India. Received 12 March 1999; accepted 22 October 1999. Available online 9 March 2000.

Abstract:

“The anhydrous milk fat ghee is one of the important sources of fat in the Indian diet. Our earlier studies showed that rats fed diets containing greater than 2.5 wt% of ghee had lower levels of serum cholesterol compared with rats fed diets containing groundnut oil. To evaluate the mechanism of the hypocholesterolemic effect of ghee, male Wistar rats were fed a diet containing 2.5 or 5.0 wt% ghee for a period of 8 weeks. The diets were made isocaloric with groundnut oil. Both native and ghee heated at 120°C containing oxidized lipids were included in the diet. The ghee in the diet did not affect the 3-hydroxy-3-methylglutaryl coenzyme A (HMG CoA) reductase activity in the liver microsomes, but it significantly increased biliary excretion of cholesterol, bile acids, uronic acid, and phospholipids. The rats fed ghee had lower levels of cholesterol esters in the serum as well as in the intestinal mucosa. Both native and oxidized ghee influenced cholesterol metabolism. These results indicate that supplementation of diets with ghee lipids would increase the excretion of bile constituents and lower serum cholesterol levels.”

Professor Manfred Junius an accomplished Ayurvedic alchemist would lecture that ghee is the only oil which is a digestive aid and not taxing to the liver. Actually he stated that ghee bypasses the liver by a special prabhava.

It is knowledge and application which can render a bad thing as beneficial, just as ignorance can convert an excellent item to an inferior one.



GHEE (PURE BUTTER FAT) LOWERS CHOLESTEROL!

Hypocholesterolemic effect of anhydrous milk fat ghee is mediated by increasing the secretion of biliary lipids.

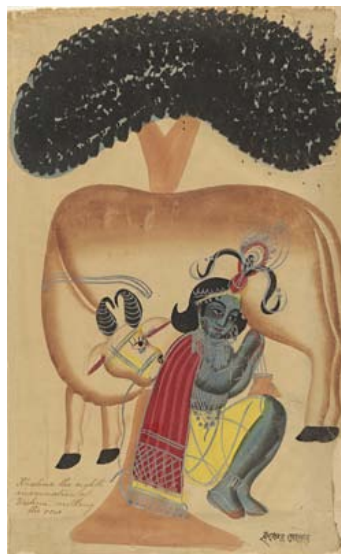
Matam Vijaya Kumar, Kari Sambaiah and Belur R. Lokesh Department of Biochemistry and Nutrition, Central Food Technological Research Institute, Mysore, Karnataka, India. Received 12 March 1999; accepted 22 October 1999. Available online 9 March 2000.

Abstract:

“The anhydrous milk fat ghee is one of the important sources of fat in the Indian diet. Our earlier studies showed that rats fed diets containing greater than 2.5 wt% of ghee had lower levels of serum cholesterol compared with rats fed diets containing groundnut oil. To evaluate the mechanism of the hypocholesterolemic effect of ghee, male Wistar rats were fed a diet containing 2.5 or 5.0 wt% ghee for a period of 8 weeks. The diets were made isocaloric with groundnut oil. Both native and ghee heated at 120°C containing oxidized lipids were included in the diet. The ghee in the diet did not affect the 3-hydroxy-3-methylglutaryl coenzyme A (HMG CoA) reductase activity in the liver microsomes, but it significantly increased biliary excretion of cholesterol, bile acids, uronic acid, and phospholipids. The rats fed ghee had lower levels of cholesterol esters in the serum as well as in the intestinal mucosa. Both native and oxidized ghee influenced cholesterol metabolism. These results indicate that supplementation of diets with ghee lipids would increase the excretion of bile constituents and lower serum cholesterol levels.”

Professor Manfred Junius an accomplished Ayurvedic alchemist would lecture that ghee is the only oil which is a digestive aid and not taxing to the liver. Actually he stated that ghee bypasses the liver by a special prabhava.

It is knowledge and application which can render a bad thing as beneficial, just as ignorance can convert an excellent item to an inferior one.



BREAKFAST IDEAS

Pancakes p.36

Old Fashioned Oats p.37

Oats – Naturally Sweetened p.38

Steamed Fruits Delight p.38

PANCAKES

Mill your own fresh flour!

Ingredients:

1 cup of freshly milled whole grain flour, ¼ tsp Baking Powder and a pinch of Cream of Tartar (or a table spoon of self raising), add ground cinnamon, nutmeg, pepper, cloves and ginger.

Rub some ghee through the flour.

Add the spices for flavour and digestion.

Add milk (organic un-homogenised) for sweet or fresh whey & a large pinch of Saindhava for savoury. Mix to a thick batter (consistency of double cream) and let it stand for 20 min. Add more liquid if required.

Cook in a high quality non-stick fry pan with no oil for light, easy to digest Pancakes. Batter can be stored in fridge for 5 days.

Serving suggestions: unsalted butter, fruit & maple syrup or dahl, tomato, paneer, coriander leaves & a pinch of Saindhava rock salt.



THE INSANITY OF REGULAR SWEET MEALS

SWEET, OH Sweet Life, You have made my days so sticky and heavy, I do not think I have the strength to carry you to the next hungry moment. Yet I have not the resolve to refuse your stupid demands even though because of you I rot in a damp, heavy prison of self hatred.

Western civilisation has developed a sweet tooth. Eastern worlds know not, such a thing as **a sweet meal**, like yoghurt and fruit, museli or cereal. All meals in Eastern culture are savoury and not predominately the sweet taste. Sweet taste consists of the earth and water elements, therefore over indulgence will give bulk to the body and cause channel blockages. This over indulgence in sweet taste is explained in my book 'Simply Ayurveda'. If you are interested in passing by a Western insane mind, try....



OLD FASHIONED OATS

Roll your own oats, if you cannot spare 30 seconds
for yourself you might as well be dead!

(serves 4)

Ingredients:

Ghee, cinnamon, black pepper, cloves and nutmeg or Gram Masala

1 cup whole organic, freshly rolled oats, 3 cups water, Saindhava Ayurvedic Rock Salt, Yoghurt and butter.

Place a teaspoon or so of ghee in a pan which is on a low to moderate heat. Add a quarter of a teaspoon of freshly ground spices or gram masala fry for a second add the oats stir for 30 seconds. Add a good pinch of sandhaiva salt, water and boil for 10 minutes. Let it settle for 3 minutes or so with the lid on - a full fibre grain is thirsty. Serve with a dob of yoghurt and a slice of butter or ghee. Add pepper, salt and Gram Masala to taste. YUM

OATS - NATURALLY SWEETENED

Eat in the darkest depth of Winter
(serves 4)

Ingredients:

Ghee, cinnamon, black pepper, cloves and nutmeg.

1 cup whole organic, freshly rolled oats, 1 ½ cups milk, 1 ½ cups water, 4-6 Fresh Dates, Pear or ripe fruit.

Place a teaspoon or so of ghee in a pan which is on a low to moderate heat. Add a teaspoon of freshly ground spices. Add the fresh oats and stir fry the spicy oats for a few minutes. Add the milk and water, chopped dates, chopped fruit. Bring to the boil and then simmer for 10-20 minutes. Take with fresh milk, add a little honey on top if you really have too!



STEAMED FRUITS DELIGHT

Excellent for breakfast, a digestive snack, detox or at sensitive times.

Ingredients: Seasonal fruits, apples, pears or pineapple with a few fresh dates, ghee, cinnamon, nutmeg, pepper and cloves.

Slice fruit of the season. Generally apple and pear.

Place a ½ teaspoon of ghee in a pot, add fresh cinnamon powder, with a little nutmeg, pepper and clove. If you need the extra digestive lift add grated ginger.

Add the fruit, stir fry for a minute on a low flame, add a tablespoon of water and steam for 2-5 minutes.

Optional: Add some whole strawberries for the last minute and serve with ONE tablespoon of suitable yoghurt with pepper.

Read 'Yoghurt is terrible bad yet wonderfully good' page 6

RICE & BREAD

Basmati Rice p.40

Spiced Rice p.40

Recovery Rice Soup p.41

Chapatti - Wheat-Millet-Buckwheat p.42

Rice Buckwheat and/or Millet Chapatti p.43-44

BASMATI RICE

Natural white rice
Low on the sugar index, the best!



Ingredients:

- One cup basmati
- Pinch salt
- Two Cups Water

Wash the rice three times, add boiling water, simmer with a lid on for 15-20 minutes, add ghee or butter on top.

When very busy, I cook many one pot wonders, by adding peas and vegies to the rice. Some vegies need to be added after 5-10 minutes so they do not overcook and become mushy.

SPICED RICE - The one-pot wonder

Simple, tasty and digestive!

Cook your rice as normal, toss in a few vegies if you want that one pot wonder! Remember to cook brown rice much longer than white basmati. If your digestion is poor white basmati is preferred over brown rice.

In a separate pot add 1-2 Tablespoons of ghee, fry grated ginger, pop some mustard seed and then add Cumin seed. In 30 seconds add a pinch of fenugreek seed. Stir a few times, remove from the heat and add a pinch of asafoetida. Stir a few times and hold back the spices with a spoon before pouring the spiced ghee into the cooked rice. Serve with a spoon of yoghurt, toasted pappadam and slice of lime. Drink a little hot water with dinner and if digestion is low add Apple Cider Vinegar to the water.



RECOVERY RICE SOUP

Every now and then someone vomits and feels pretty poor.
Here is a starter for when they are ready to eat something.

Simply boil Arborio, short grain white or basmati rice if that is all you have, in five times the water for 30-45 minutes. Add a nice pinch of Ayurvedic Salt and a few drops of ghee.

Take with a toasted pappadam if desired, take mainly the liquid of the soup if most suitable. This is Soothing, nurturing and forgiving!



BROWN BASMATI RICE AND AUSTRALIAN BROWN RICE?

Note; my experience importing regularly from India is that brown basmati rice is **low quality white rice precooked then oven dried** Yes, that is where that nice brown wholesome colour originates. No brown rice that will sprout is permitted into Australia under quarantine law unless it is fumigated and treated with gamma radiation. That is why I prefer chemical free organic white basmati. Australian brown rice is the best option.

*In this material world things are not always what they seem...
Did you know that glass bottles, in general, contain a high percentage of plastic?*

CHAPATI- Wheat, Buckwheat and Millet

Instant organic yeast-free flat breads

Ingredients: - makes 5 Chapattis

- One cup whole fresh flour- Must be a finely ground-flour.
- One third to half cup plain yoghurt (Paris Creek)
- Good Pinch Rock Salt and a few drops of water

You need a gas stove to cook a Chapatti easily but it is also possible on electricity.

I usually make this dough once per week, which is four times the above recipe. The covered dough will last nicely in the fridge for a week.

Simply kneed the yoghurt, salt and flour together and let it sit for at least 20 minutes. You want the dough to be free of lumps, moist and slightly sticky and unmanageable but not sloppy. The dough when needed slightly sticks to your hands.

Dust your hands with white organic flour as well as the rolling pin and board to make the dough just manageable. If it's too moist add a little flour, if it's too dry add a little water ... this way you find a balance.

Heat a non-stick fry pan to a little above low. Flour the board and the rolling pin with unbleached white flour. Pinch a piece of dough about the size of a large strawberry. Cover the piece with plain flour (not self-raising). Roll the dough out to a round shape or near about. The dough can spring back so keep at it. If it sticks, dust with a little flour. A chapatti can be 2-4 ml thick, so roll until you get a fairly even thickness.

Place the rolled chapatti on the warm skillet or frypan, and turn after about a minute. After another minute little hollows begin to develop as the dough rises. Turn the chapatti back over for half a minute while you get the wire ready. Put the chapatti on the wire and hold it over a **full** flame, if all goes well it should puff up like a ball. Turn over and slightly toast the other side. Remove and add ghee or butter or eat as is with soup or vegies.

www.eumundimedicineman.com for cooking demonstration



RICE CHAPATI

A delicious gluten-free bread treat

Ingredients:

- 1 Cup of Boiling Water
- Pinch Ayurvedic Rock Salt
- 1 Cup of fine organic Rice Flour, Brown or White
- 1 small bowl of Cold Water (for when kneading the dough)

A variation on this chapati is millet or buckwheat, add a teaspoon of ghee for a millet recipe.

Bring the cup of water and salt to the boil.

Add the rice flour, stir and immediately take off the heat. Stir as much as possible with a metal spoon.

Prepare a marble or glass board with a little water so the dough does not stick. Have a cup of cold water handy.

Spoon the dough onto the marble. Wet your hands slightly and without burning them, or making the dough too wet, kneed the dough for five minutes into a fine, moist yet reasonably firm and workable dough.



Too dry and the chapatis will be stiff and hard to digest, and too wet and the idea of rolling them will drive you crazy! Try to get a pliable, damp dough.

Heat a thick pan with a solid but even heat.

Take a piece of dough about the size of a small lime. Dust the marble, rolling pin and your hands with a fine rice flour. Roll the dough using the dust as the non-stick agent. When the chapati is ready use a template like a steel lid to get a perfectly round chapati. The chapati should be about 3-4mm thick. They can be placed on a plate slightly overlapping ready for cooking. Do not directly place them in a big stack as they may stick together.

Place the chapati in the hot frypan. Turn a few times. When they puff up press them down with a flat bottom scoop and turn over. If the pan is too hot they will burn and dry out and if too low not cook at all. A good medium heat is needed.

When cooked remove and place between two plates to keep warm.

Rice or Millett (Ragi) chapatis go nicely with dahl and/or spicy vegies, chutney and raita. The rice chapatis at Rajah Healthy Acres are perfect every time!

www.eumundimedicineman.com for cooking demonstration



Heidi's brown rice chapati.

ESSENTIAL ADDITIONS

Paneer-Homemade cheese p.46

Pappadams p.47

Sour Date Chutney p.48

Yoghurt and Coconut Chutney p.49

Mint and Ginger Chutney p.49

Yoghurt and Cucumber Raita p.50

PANEER

Instant fresh light cheese

Ingredients:

- Un-homogenised organic milk 2-4 litre
- Juice of lemons

Bring the milk to the boil in a **thick**-bottomed pot. Add the lemon juice **slowly**.

The 3 mistakes you can make are as follows,

- 1.The milk is not close enough to boiling
- 2.Too much lemon juice added
- 3.You guessed it, the milk boils over

But Paneer is worth every moment!

Add the lemon juice little by little; as the curds forms do not stir them vigorously, a gentle movement is all that is required. Add enough lemon juice to form curds, and to turn the remaining liquid or whey clear green.

Sing a song and take your time. Remove the curds with a slotted spoon or sieve and place into a colander, let sit.

Later when cooled, bottle the whey for storage in the fridge for up to a week. Whey is the greatest stock on earth, fabulous in soups and vegies, breads and pancakes. Paneer can be eaten in many ways, fresh in salads, dry fried, deep-fried or as a Pakorah. Deep fried curd will dress up any dish, or throw it into your soups or wet vegies. Curd in your pasta dishes, pizza or lasagne will make commercial cheese (which is generally used) appear quite inferior. Curd will last a week covered in the fridge.



Fried Paneer with rice, asparagus and date sauce.

PAPPADAM CLEANSE

Most people fry their pappadams in ghee, but few know that the healthy way to take them is toasted on an open flame or yes in your toaster, please don't burn the house down.

Make sure they are fully cooked, any shinny uncooked pieces which are un-digestible may disturb your tummy. Once cooked they are a fun adjunct to any savoury snack or meal and only take 20 seconds to cook.

Ayurveda treats the dry pappadams as the West considers charcoal - for its drying and absorbing qualities. Toasted pappadams are great to cleanse the stomach and bowel.

With pancakarma Ayurvedic cleansing therapy dried cooked pappadams are always given.

Scoping pappadams in a saucy vegetable, dahl, chutney or raita is hard to resist in any meal, or simply enjoy with avocado, a squeeze of lime juice with salt and pippali (pepper).

www.eumundimedecineman.com for cooking demonstration



"Take away food means Take away HEALTH"

SOUR DATE CHUTNEY

With tamarind fruit

So sweet you can't resist - yet so sour!

Ingredients:

- 100 gm Dates
- 1 Tablespoon of Tamarind Paste
- 1 Tablespoon Crushed Cumin Seeds,
- Pinch Chilli Powder & Saindhava Rock Salt
- 500 ml Water

Whip it up in minutes!

Combine dates, tamarind paste and water in a saucepan, simmer for ten minutes. Add the pippali or pepper, salt and cumin powder. Add extra water if required and mash into a smooth paste.

Cool and serve.



This captivating chutney will last for a week in the fridge but always use a totally dry spoon when serving as moisture carries bacteria.

Most imbalances and disease begins with improper food, as simple as that!

COCONUT YOGHURT CHUTNEY

Cooling and digestive that makes a meal!

Ingredients: *Make at least one hour before hand to sit.*

- 100 gm Fresh Coconut Pulp (or desiccated coconut only if you have too)
- 1 tablespoon Rapadura sugar
- 1 tablespoon fresh grated ginger
- 1 tablespoon fresh coriander or parsley or basil (seasonal)
- 1-2 Pippali freshly crushed to powder or ¼ teaspoon black pepper
- 3 tablespoon lemon juice
- 100ml Yoghurt and water as needed
- ½ teaspoon Ayurvedic salt

Add all the ingredients in a blender add water blend to get a smooth paste!



You can pop a ½ teaspoon of black mustard seeds in a spoon of ghee and add to the chutney for an exotic touch.

MINT & GINGER CHUTNEY

Refreshing and digestive that makes a meal!

Ingredients:

- 50 gm Fresh Mint leaves or coriander leaves
- 1-2 Pippali freshly crushed to powder or ¼ teaspoon black pepper
- 1 tablespoon fresh grated ginger
- 3 tablespoon lime juice
- 1/2 teaspoon Ayurvedic salt

Add all the ingredients in a blender add a little olive oil to get a smooth paste!



CUCUMBER & YOGHURT RAITA

Cooling and digestive that makes a meal!

Ingredients:

- One medium Cucumber
- ¼ teaspoon Cumin seeds
- 1-2 Pippali freshly crushed to powder or ¼ teaspoon black pepper
- ½-1 Cup Yoghurt
- ½ teaspoon Ayurvedic salt

Dry roast the cumin seeds, crush to a powder. Grate the cucumber and drain off excess liquid. Add the cumin powder and all the ingredients, toss and serve chilled.



MAIN MEALS

10 – Minute Thermo Kitchari p.52

Brown Rice Kitchari p.53-4

Dahl with Vegies p.54

Steamed Vegies Sublime p.55

Cabbage Subji (Vegetable) p.56

Paneer ‘Love’ Burger p.57

Silverbeet, Tomato, Eggplant & Chickpea Subji p.58

Grandma's Mixed Bean Vegie Soup p.59

Minestrone Meal p.60

REAL Tomato Sauce p.61

Steamed Rice Noodle Cake p.62

Idli Steamed Rice Cakes p.63

Dosa Crispy Pancake p.64

www.eumundimedecineman.com for cooking demonstration

10-MINUTE THERMO KITCHARI

Quick Complex carbohydrate-protein stew for WORK

Kitchari may be keep over if it is covered in liquid, this prevents the starch particles from drying out. This change in pre-cooked starches is the main reason the ancients avoided re-heating starches as they are un-digestible. However if you do not have a wet kitchari to heat up for lunch it only takes a few minutes to get mobile and enjoy a great nutritious fresh lunch at work.

To be successful with your Thermo Kitchari you need a wide neck thermos so it can be properly cleaned.

Ingredients:

- 1/5 cup organic basmati rice
- 1/5 cup yellow split mung dahl, best dahl for this
- You may need to adjust quantities according to the size of your thermos.

Place the rice and dahl in a sieve and wash. Place a dash of ghee in a pot, add cumin seed and grated ginger, fry for 30 seconds, add a pinch of asafoetida, add a little cauliflower or veggie, fry for a moment, add the washed rice and dahl, stir. Add 3 cups of water, a good pinch of turmeric and a few pinches of Saindhava Ayurvedic rock salt to taste, boil for 10 minutes or so.

Occasionally you can add a touch of tomato paste and a pinch of rapadura. Add your own twist by powdering up a little cinnamon, nutmeg, cloves, ginger and pepper or add Garam Masala or paprika. Occasionally you could add a few chunks of paneer from the fridge. Preheat your thermos for a few minutes by filling it with boiling water, remove the water, Pour your kitchari into the flask and quickly seal. The kitchari will continue cooking and by lunchtime it will be ready to go

Take a lime or a lemon, or a date sauce to have with your kitchari. Have a couple of 'Safe' pikelets page 20 if you have a raging appetite.

Finish off with some 'legal sugar' - Organic Fresh Californian Dates. Do not have cold drinks with meals, or over fill the stomach with liquid.

Be your own best friend, make wise choices!

With great thanks to Ayurvedic chef Tim Mitchell for this ideal recipe!

BROWN RICE KITCHARI

Complex carbohydrate-protein stew
(serves 4-6)



Ingredients:

- Half cup organic brown rice
- Half a cup yellow split pea/yellow split moong dahl best
- Ayurvedic Salt and Turmeric powder

Wash the grain 3 times, add 5-6 times the water, with the turmeric and salt, simmer for an hour with the lid on or you will lose too much liquid, if that happens just add a little more.

You can substitute a little Basmati rice (which is a low GI rice) if you wish to lighten the Kitchari a little, but these days I think it is best to eat total complex grains. If you boil for a little longer no one will know that it is brown rice.

Ingredients stage two Kitchari:

Cup of mixed Veggies, (Cauliflower, as you like)

1 tsp Ghee, Spice according to season and individual: Chilli, ginger (winter and change of season), Hing, cumin, fenugreek, cinnamon, coriander & turmeric

The spices should be no more than a level teaspoon or two combined. Slight changes in the spice combinations make a pleasant surprise each meal. But remember better too little than too much!

Crush the whole spices in a mortar and pestle, or a coffee grinder. You can not beat fresh! At times I use whole spice. Simmer the ghee with a little chilli and grated ginger according to season. Scoop out the chilli and ginger and throw them away when they turn slightly brown. You have captured the warm energy from those pungent substances. Add the seed spices into the simmering ghee for about 30 seconds and add the hing, then give a little stir. Immediately add the cauliflower and vegies, stir fry for three minutes, add to the main stock of almost cooked grains (You can tell that they are cooked when they begin to dissolve). If the grains are getting a little dry add whey or water. Please note, whey is great but grains will not cook in whey. However, for flavour and nutrition you can add whey when the grains are soft and dissolving. Simmer away for 10-15 minutes. If you want the Kitchari to thicken a little, leave the lid off. This is the stage where

the bottom of the pot may burn so give a regular scrape or add more liquid. I like Kitchari fairly liquid, close to a very thick soup. It is very tasty and easy to digest. Kitchari is an excellent food to aid recovery from illness, for strength and general health. I call a meal Kitchari when it borders a very thick soup “pre-digested complex carbohydrate and total protein power food”. Kitchari is a must. One original book on Ayurveda mentions 22 different ways to cook Kitchari, claiming that by eating nothing but Kitchari for 21 days you can turn disease around into health. By the way, according to my university text Kitchari is a **COMPLETE PROTIEN!** Yes! That is rice and dahl together supply you all the necessary amino acid you need for healthy bodies.

DAHL WITH VEGIES

Protein Rich

Ingredients:

- 1 Cup Yellow split mung dahl (washed 3 times)
- 4 Cups Water
- 1-2 Tablespoon Ghee
- Spice – 1 Teaspoon Cumin, Grated ginger and a pinch of Hing (asafoetida), Turmeric
- ¼ Cup Cauliflower or vegies of choice
- 1 Teaspoon Salt



Yellow split mung dahl cooks the quickest of all lentils and dahl and is the easiest to digest being less likely to disturb vata, especially with added ghee and spice. The secret of using any dahl is to **COOK IT**, and cook it. Hey it is not hard, it just simmers away! This is an absolute daily must for every vegetarian. Actually this is the open secret of a non-meat diet. Remember to cook your dahl into a cream so the beans have no form, merged into the void if that is at all possible.

Mix the dahl, water, salt and turmeric in a pot. Boil for 25 minutes depending on the dahl, squash with a masher. Add more water if required (when the beans are soft add whey (see Paneer p.31) this adds a magic flavour).

In a separate pot, on a medium heat, add the ghee, crated ginger root, cumin seed, after a few minutes when the cumin turns very slightly brown add a pinch of hing, immediately add the vegies, cauliflower or any vegies, fry for 3 minutes, add a dash of whey or water and pour into the dahl cream, Mildly simmer for 8 minutes, be careful not to burn the bottom, stir a little and add more liquid.

STEAMED VEGIES SUBLIME

A one-pot wonder, a delight when
feeling challenged or just dining alone!

Take a good variety of fresh vegies, all nice colours. Eg: Beans, asparagus, cauliflower, broccoli, potato, yam and pumpkin or add beetroot, celery or green papaya. Slice them according to cooking time, the shorter the cooking the bigger the size. Do not over-do the starchy sweet vegies, like potato, yam and pumpkin.

Add a tablespoon or two of ghee to a pot. Add grated ginger or if you prefer and the season is chilli, add chilli. If the upper respiratory system is struggling use fresh garlic (add instead of Asafoetida). Add cumin seed, fenugreek seed, wait 30 seconds. Add Asafoetida (Hing), a good pinch, and remove immediately from the heat. Add Ayurvedic salt to taste. Use a spoon to hold back the majority of the spices and pour the flavoured ghee over the steamed vegies. Add a squeeze of lemon or lime.

Take with a spoon of yoghurt sprinkled with garam masala and salt.
Add a toasted pappadam or two and if it is summer have a few slices of cucumber.

Now thank the Gods with a mantra and take to your satisfaction! Or thank the Universe, or nature, or just the factory that turned out such vegie delights, ghee and spice, you know the tin shed down the road.



The one major shift we can do as a preventative medical procedure is a change to our diet, giving a health supporting role rather than aggravating role.

CABBAGE SUBJI (VEGETABLE)

The art of spicing

Ingredients:

- Cabbage
- Potato
- Other vegies of choice

Chop the vegies into bite size pieces. Simmer the chilli and ginger in the ghee until slightly browned, after you have captured the mild energy from those pungent substances, throw the chilli and ginger away.

Add the whole or crushed spices to the ghee, simmer for a minute. Add the hing and fry for 10 seconds. Add the cabbage, stir fry for 3 minutes. Add the other vegies and stir fry for a few minutes. Now add a cup of whey or water, simmer for 8-12 minutes.

Add a little turmeric and the rock salt to taste.
Deep-fry the potato in ghee for added luxury!

The idea of this Subji or vegetable dish is not to give you a particular recipe that you follow but to give you the art form that you may build your cooking on. Drawing the flavour out of the wet spice (namely the chilli and ginger), then the seeds and fresh powders, then quickly the dry stored powders, creates incredible flavour. Not only is the dish a beautiful flavour but it is also medicinal and easy to digest.



PANEER 'LOVE' BURGER

In Vedic texts, dairy products are considered 'legal meat', in other words you take care of an animal and the animal gives you protein rich produce which is as nutritious as meat.

To slice the throat of such a creature and eat the flesh is just not economical - either financially or for the environment ... and it just makes a bloody mess everywhere! In addition, the cow is understandably not pleased.

So we favour 'legal meat' and seeing the bull merrily chasing the cows around the paddock ... a far more polite proposal.

That is why we have called this recipe the Paneer 'Love' burger, because it is based on this concept of cohabitation and respect.

Ingredients:

- Salad items for 2 – 4 people
- Dressing: ¼ cup Extra Virgin Olive Oil, ½ tsp Saindhava Ayurvedic Rock salt, 1tsp French Mustard, 1-2 tsp Basamic Vinegar.
- Paneer – sliced 2cm thick
- Ghee
- Pepper to Taste

Make a delicious salad, roasted pine nuts are always a nice addition.

Mix the ingredients for the dressing together and dress the salad.

Fry the paneer in a little ghee until it develops a slightly light brown crust, add salt to taste.

Serve the fried paneer with a fresh chappati or fresh bread, the dressed salad and homemade Tomato Sauce or Sour Date Chutney. Everybody loves a burger!



Incidentally, I am not a vegetarian, I just don't like to inconvenience others!

SILVERBEET, TOMATO, EGGPLANT & CHICKPEA SUBJI

Ingredients:

- 2 tbsp of ghee
- 1 dried red chilli, deseeded, (optional)
- ½ tsp black mustard seeds
- 1 tsp cumin
- 10 curry leaves
- Pinch of pure asafoetida powder
- 1 tbsp fresh ginger, grated
- 1 medium eggplant, cubed
- 1 tsp turmeric
- 450g silverbeet, roughly chopped
- Whey or Water
- Saindhava Ayurvedic Rock Salt,
- Wedge of lemon to serve
- 2 cups of cooked split chick peas (channa Dahl)
- ½ flat tsp jaggery / rapidura/brown sugar



Heat the ghee, cook the whole chilli until it starts to darken in colour. Add the mustard seeds and when they start to pop turn the heat off. Add the fresh ginger, cumin seeds and curry leaves. Stir and add the asafoetida

Turn the heat back to high and add the eggplant. Stir well to ensure the ghee is taken up as evenly as possible. Eggplant is very porous and would suck up endless amounts of ghee if you let it! So here's the trick, when all the ghee has been taken up and you feel like you have to add more ghee or it is going to burn, add ½ a tsp of salt to release the water from the eggplant. Continue cooking the eggplant until it is soft and then stir in the Turmeric. Stir in the tomatoes and cook until they start to soften. Add the jaggery, chickpeas and silverbeet and cook for a few more minutes. Add enough whey to create a sauce and continue cooking for another 5 minutes. Serve with a lemon wedge. Great with puris or chapatti bread, rice and chutney with a dash of yoghurt with gram masala.

Pure vegetable oil by legal definition can be up to 49% other oil, hydrogenated animal fat, 51% is considered pure, that is a relative standard!

GRANDMA'S MIXED BEAN VEGIE SOUP

Barley, lentil and veggies with spice
'mother natures arms in a bowl' just to hold you close!

Ingredients:

- One cup of Bean Soup Mix, or throw barley
- 1 heaped teaspoon of Ayurvedic Rock Salt
- ½ teaspoon Turmeric powder
- 2 Bay Leaves
- 8 cups filtered water
- Ghee
- Ginger/Chilli/Cloves, Cumin Seeds/ Kalonji, Fenugreek Seeds, Asafoetida- Chaunce!
- Seasonal Veggies



Wash the grain 3-5 times. Bring to boil and simmer away for 1½-2 hours or 20 minutes in a pressure cooker. When the soup has cooked or thickens a little add more water but best of all add fresh whey from your Paneer, this is a secret flavour enhancer. Place a little (teaspoon-tablespoon) ghee in a separate pot, on a medium heat. Add Grated Ginger or a little Chilli or a few Cloves. Fry until slightly brown, better under do than over-do. Add a teaspoon of Cumin seed or Kalonji, ½ tsp Fenugreek seeds and fry for another minute.

Remove from the heat and add 1/8 teaspoon of Asafoetida (Hing), stir for 30 seconds and then scoop out some of the seeds and ginger etc, leaving the flavoured ghee. This is to reduce the seeds and strands in the soup. Add small pieces of cauliflower and your favourite veggies to the spicy ghee and fry for a minute on a low flame. Add these spiced ghee veggies to the soup. Make sure you get all the flavoured ghee into the pot.

Boil the soup for another 10-12 minutes, check if it needs more Sandhaiva Ayurvedic Rock Salt. This is the most important basic ingredient. For special occasions add little tomato paste to enhance the flavour, to help with the acidity adds a pinch of rapadura (pure sprayed dried sugar cane juice). Soup can be kept in the fridge for a few days, but remember, fresh is always best!

Be backward eat soup, and make Grandma happy!

MINESTRONE MEAL

Brown rice, beans and vegies
make a complete complex meal

Ingredients: ½ cup Kidney or Borlotti Beans, ¼ cup Brown Rice, a sprinkle of Barley, 2 tbsp Ghee, pinch of Asafoetida, 2 tomatoes, 3 litres of water, 2 tsp Saindhava Ayurvedic Rock Salt, Carrot, celery, zucchinis, shredded cabbage, spaghetti (optional), Whey, Parsley and basil, add Parmesan

Soak the Kidney or Borlotti beans overnight and drain. Wash the brown rice and barley. Slightly heat the ghee, add a large pinch of asafoetida and saute the tomatoes for a minute. Add the drained beans and brown rice, sauté for a few minutes. Add 3 liters of water and 2 teaspoon of Ayurvedic salt. Boil for 1½ hours –2 hours (less with a pressure cooker) making sure the beans are soft. Remember it is best for digestion to overcook your beans.

Add carrot, celery, zucchinis, shredded cabbage and some broken spaghetti if you like.

Add whey from your paneer for extra flavour. Cook for 20 minutes.

Add finely chopped parsley and basil, have a little taste and add extra salt if required.

Serve with a sprinkle of parmesan cheese. Delicious with a toasted pappadam and a spoon of yoghurt sprinkled with gram masala, or if your feasting, have puris.



TOMATO SAUCE

My goodness! It's REAL!

Ingredients:

Organic tomatoes, water, ghee and spice

When it comes to an incredible tasting tomato sauce I always insist on real tomatoes that have a taste. When you make this tomato sauce there is no going back, to the stale, preserved, tasteless chemical cocktail some poor ill-informed souls perceive as tomato sauce (dead horse).

Simply boil the whole tomatoes in water for say 3-5 minutes. Drain them in a colander

In a large pot add a tablespoon of ghee and a teaspoon of black mustard seeds. Heat on a medium to high flame until the mustard begins to pop. Add half a teaspoon of cumin seed and a large pinch of fenugreek seeds. After a minute add a large pinch of Asafoetida.

Now immediately begin to squash the tomatoes through a colander with a masher. Mash all the liquid into the spicy ghee pot add salt and pepper to taste.

Add a few fresh chopped dates for a nice twist.

Now you have your REAL Tomato Sauce. Add garlic or hing for an *Italiano* experience, for use on pastas and pizza, and of course a sauce for kofta balls (see p. 68).



STEAMED RICE NOODLE CAKES

A delightful light and nutritious meal with samba or soup, coconut chutney and/or date sauce and/or spicy vegies.

You will need a noodle maker and an egg poacher or idli steamer.

This is fairly quick and easy if you have the noodle maker.

Simply make the rice chapatti dough from page 43-44. You can vary this recipe with a grain of your choice, add buckwheat, millet or brown rice.

Lightly grease the surface of the steamer with ghee to prevent sticking, press the noodles from the rice dough and compact a little with your fingers.

Steam for 8-10 minutes, a great favourite being light fluffy and delicious and easy to digest, serve with samba or soup, coconut chutney and/or date sauce and/or spicy vegies.



Great for a light evening meal!

STEAMED RICE CAKES IDLI

A perfect protein!

Ingredients:

- 2 cups Basmati rice
- 1 cup Urad dal
- 2 tbsp Ghee
- ½ teas Mustard seeds
- ½ teas Cumin seeds
- ¼ teas Ginger grated
- 1 tbsp Carrot chopped
- 1 tbsp Cashews chopped
- ½ teas Asafoetida powder
- ¼ teas Pepper
- Saindaiva salt to taste

Idlis are simple, easy to digest and although plain quite sublime, especially served with samba or soup, coconut chutney and/or date sauce and/or spicy vegies.

You will need an egg poacher or idli steamer.

Wash the rice and dahl separately, cover with water and soak overnight.

Drain, add enough water to blend to a thick but fine paste.

Add the salt, let sit until the volume doubles by fermentation

(up to 8hrs in summer and longer in the winter)

You can add a chaunce with cashews to the batter for added flavour

Mix the batter with pepper, add to a greased idli steamer, steam for 15-20 minutes.



Serve Hot, with all the goodies at your disposal!

DOSA CRISP PANCAKE

Light crispy protein pancakes

Ingredients:

- 1 cup Basmati rice
- 1/4 cup Urad dal
- 2 tbsp Ghee
- ¼ teas Pepper
- Saindaiva salt to taste



Wash the rice and dahl separately, cover with water and soak overnight.

Drain, add enough water to blend to a thick but fine paste.

Add the salt and pepper, let sit until the volume doubles by fermentation (up to 8hrs in summer and longer in the winter).

Pour the batter into a hot greased frypan

Create a thin crisp pancake by thinning either tilt the pan or thin with a flat spoon

Drip a little ghee around the edges to help the dosa crisp up. Serve with chutney, spicy vegies, yoghurt and dahl.

A great snack!



THE LUXURIES

Puri p.66

Paneer Pakorah p.67

Vegetable Kofta Balls p.68

PURI

Breads from heaven

Ingredients:

A Cup of Whole wheat flour (Wheat, buckwheat and millet is my favourite) and a pinch of salt Tablespoon Ghee, more or less, according to individual type and also Water as needed

Rub the ghee through the salted flour for a few minutes, using both hands.

Add a little water to make soft yet firm, neither sloppy, nor sticky dough, let it sit and meditate for 20 minutes.

Roll out in various sizes as you like, better to start small. The secret is the ghee must be hot, just before smoking.

Place a small Puri in the hot ghee, as it rises hold the Puri slightly under the surface of the ghee. Play submarines in other words! When the Puri puffs up like a ball turn it over, cook for another 60 seconds, remove from the ghee.



That is bread from heaven. Puri's are a grand luxury and only for healthy people.

Puri's make every meal one to remember, children love them!

Note; The ghee can be used time and time again, simply store in the fridge and filter occasionally through kitchen paper.

PANEER PAKORAH

A timeless treat

Ingredients:

- Paneer (curd), cut into chunks
- Batter; Chickpea flour 2 Cups
- Self Raising Plain Flour 2 Tablespoons
- Half Teaspoon of rock salt & turmeric
- Ghee for deep frying

You can use a huge array of vegies for these treats deep fried in ghee, cauliflower, eggplant and spinach for example. Mix up the batter and let it rest, or meditate. If the batter will cover the curd without all falling off or on the other extreme collecting in a big lump, then you have it right. Add a little water or flour and get it right. It is a little like life, a balance. Have the ghee heated, not as hot as for Puri, on a low to medium flame. Dip the curd in the batter and drop into the ghee. After a minute you should be able to move the Pakorah and see how it faired. Make any adjustments to the batter and push on, they always taste great regardless, serve with sour date sauce and Kitchari. Curd cooks in about 2-3 minutes, vegies take up to eight minutes. If the ghee is too hot, the outside will burn and the inside will be raw. If the ghee is not hot enough, they will be soggy. Life again!



Wholesome and healthy is knowing what and how to eat at a particular, time place and circumstance, Nothing is totally healthy!

VEGETABLE KOFTA BALLS

Great for spaghetti and pasta in 20 minutes!

Ingredients:

Zucchini, cauliflower, potato and cabbage. Chickpea flour, Self raising flour, Saindhava Ayurvedic Rock Salt, Turmeric Powder, Ghee for deep frying.

Quick Sauce: Ghee, Asafoetida, Cloves, Cumin Seeds, water or whey.
Parsley, Basil or Corriander, Parmesan Cheese.



Simply grate zucchini, cauliflower and potato. Shred the cabbage - total veggies should be about one cup per person. Add a little chickpea flour and self raising flour - no more than a level tablespoon per cup of veggies. The idea is to use just enough flour to hold the mix together. If there is too much the Koftas are like flour balls, too little and they fall apart ... hey better to use too little. Mix the flour and veggies with a heaped teaspoon of Ayurvedic salt and equal turmeric powder, mix well.

Begin to heat your ghee for deep frying.

Take a walnut size amount of kofta mix, squeeze out any liquid and mold into a ball, place on a plate, repeat until all the kofta are lined up.

When the ghee is very hot, close to smoking but not, pick up each kofta, squeeze once more to bind them and remove any more excess liquid, then slip into the hot ghee, repeat.

When they have settled in and developed a skin, gently turn them. Turn down the ghee slightly and cook for 6-8 minutes.

Drain in a colander and on kitchen paper if you wish. You may have to do two batches through the ghee.

Here is a **quick sauce** if you don't have time to make the fresh tomato sauce on page 41.

Place ghee in fry pan on a medium heat, add a pinch of Asafoetida, a little Clove and Cumin powder. Immediately add a cup of water (or even better, whey) then add organic tomato paste and a ½ teaspoon of salt. Bring to the boil and turn off.

The koftas will soak up liquid so if the sauce is a little thin do not worry. When ready to serve add the cooling or cooled koftas into the boiled sauce. Add a some greens on top, basil, parsley or coriander. Add parmesan cheese also if you like. Serve with Spaghetti or rice - Ayurveda meets Italian!

DRINKS & DESERTS

Ginger Drink p.70

Chai p.71

Sweet Buttermilk or Yoghurt Lassi p.72-73

Savoury Buttermilk or Yoghurt Lassi p.72

Vanilla Sweet Rice p.74

ADA – Steamed rice pastry with Coconut and Banana p.75

GINGER DRINK

Fast, inexpensive, pleasant and digestive

Ingredients:

Grated Ginger, Honey, Lemon & water

I generally make this drink for 20 people upwards at a cost of about 5 cents per person.

For each person grate about half a teaspoon of fresh ginger, pour over one or two cups cup of boiling water in total, let sit a few minutes.

Add fresh lemon juice and honey (not supermarket honey but certified unheated honey) to taste, mild is nice.

Stir, add cold water to the required level, serve warm in the winter, and add a moderate amount of ice in the summer (Ayurveda does not recommend **overly cold drinks with food**, because it does retard the fire of digestion!).

Remember health begins with good digestion!



CHAI

Eumundi Medicine Man style!

Ingredients:

Vanilla bean (optional), 5 fresh Cloves, 8 Cardamom pods, 2 Cinnamon sticks, ¼ whole Nutmeg, 8 Black Peppercorns, organic Black Tea (optional), Fresh ginger, 4 glasses of organic un-homogenised milk.

Slice a vanilla bean, cut and crush in the mortar and pestle. Simmer in 1½ cups of pure water for 10 minutes. Crush the spices in a mortar and pestle.

Turn OFF the vanilla water or plain water and add the fresh spices. Add one level teaspoon of organic black tea if you like. Add a small amount of freshly grated ginger root. Brew for approximately 10 minutes or even leave it overnight. Add the organic un-homogenised milk, or pure farm milk. Bring to a drinking temperature. **DO NOT BOIL**

The concept

By not boiling the spices the original essential oils with fine flavours are not destroyed and the milk remains light and easy to digest, with intact natural enzymes. The water also makes the milk light. The spices prevent mucus formation and help digest the milk for the benefit of nutrition, remember MILK is a perfect food! Chai is great taken with herbal jam (Chyavana pras) or tonifying medicines (Asvagandha -strength of horse). Never mix with or drink chai near a large or salty meal. **Best on an empty stomach!**



SWEET FRUIT or SAVOURY LEMON LASSI **Yoghurt or Buttermilk?**

Fresh Buttermilk Whip!

Buttermilk is Ayurveda's great secret for digesting fat.

Take 1 Cup of Traditional Paris Creek Yoghurt

Add 1 Cup of cold water

Blend or whip at low speed for 2-5 minutes or until yellow fat particles float to the top, remove the butter and you have buttermilk.

You may add cumin, ginger, chilli or other spices or sweeteners depending on the season and your body type.

Vata aggravated, add salt and cumin.

Pitta aggravated add rapadura and fennel

Kapha aggravated add ginger, black pepper and a little honey.

Buttermilk pacifys all three doshas

Buttermilk strengthens and increases appetite and digestive power.



There is no actual buttermilk in the Western world, some kind of artificial imposter in a nice container. Yoghurt in Ayurveda is a building substance which adds bulk to the body and if over-used and may clog (abhisyandi) the channels with unwise indulgence. Buttermilk on the other hand is light, digestive and reducing.

SAVOURY LEMON LASSI

Party Drink

Ingredients:

- 1 Teaspoon freshly roasted and powdered cumin seeds
- 4 Cups Yoghurt or buttermilk
- 3 Cups water (less for buttermilk)
- 3 Tablespoons of lemon juice
- 2 Level Teaspoons Ayurvedic salt
- Optional mint leaves and ice

Reserve a few pinches of cumin for a garnish. Simply blend all the ingredients, place in a glass, top with a little ice if the season permits, garnish with cumin and mint leaf.

SWEET FRUIT LASSI

- 4 Cups Yoghurt or buttermilk
- 3 Cups Water
- 5 Tablespoons Honey (best for digestion and weight loss)
- 2 Level Teaspoons Rose water or Lime juice
- ¼ Teaspoon fresh Cardamom powder
- Optional ripe fruit, mango, berries or banana and little ice.

Mix the ingredients with a wisk or blender, store in glasses, add a little ice if required.



SWEET RICE

Sweet of Sweets

Ingredients:

- litres organic **un-homogenised** Milk
- ½ cup of short grain white rice
- ¾-cup cup raw sugar or half rapadura sugar
- 1-2 vanilla beans and a bay leaf

Bring the milk to the boil in a **thick-bottomed** pot. Be sure and find a strong steel spoon to keep any milk from burning on the bottom of the pot.

Add the rice and vanilla beans and bay leaf. **Simmer** for an hour or so, giving an occasional stir. Stir more often as it thickens.

When the mix thickens like a thick custard add the sugar. **Now** be very careful not to burn the milk, stir fairly constantly. This is the critical time.

Simmer for about another ten minutes. Cool and serve.



ADA

*Jaggery, Banana Coconut in rice flour pastry
Steamed in a banana leaf!*

Ingredients:

- Rice Flour Chapati pastry (see page 44)
- Jaggery or Rapadura 20 gm
- Fresh Cumin seed powder 3gm
- Fresh Cardamom powder 5gm
- Banana (cooking banana) one small cup cut into small pieces
- Banana leaf or grease proof paper and alfoil
- Coconut freshly grated one half cup – or soaked and chopped desiccated coconut

In Kerala, South India no person would ever consider to not use a fresh coconut. However if you use desiccated coconut it will need to chopped in tiny pieces and soaked for a few hours to try and restore the coconuts natural unctuous soft nature. I often reflex that India is considered a developing country and the Western cities are considered developed, yet as mentioned culturally there is no acceptance of processed foods. You may walk into a shop that resembles timber from the tip and order a fruit juice, the vendor will produce fresh fruit and prepare the juice as you wait.

If you need to use the desiccated coconut best to give it time to become soft and unctuous by chopping, blending and soaking and allowing the mixture to sit. Drain before use.

Assemble all the ingredients and mix, the coconut, jaggery or rapadura, cumin and cardamom powder and the banana.

Take a banana leaf and press a rough 6-9 cm circle of rice dough to the leaf about 3-4mm thick, add the ingredients to half the circle of dough, fold and gently press and fold the banana leaf. Steam for 6-8 minutes.



AYURVEDIC GEMS

Never re-heat rice, it has indigestible starches, which dampen digestion and block the channels. EAT FRESH, BE FRESH!

Melons, Eat them **alone** or leave them **alone**. They may cause indigestion and flatulence. Try black pepper on your melon!

Avoid Yoghurt after dark especially in winter.

Yoghurt requires to be taken in small amounts, two tablespoons with meals **with salt and/or pepper**. Yoghurt taken with the sweet taste in large amounts can become a channel blocker.

Never drink iced or cold drinks at mealtime, it ruins digestion.

Never drink cold milk, it ruins digestion and creates mucus and toxins.

Always drink hot unhomogenised milk with nice chai spices. It is a wonderful tonic when fully digested.

When you feel a health problem approaching, like a cold, flu or fatigue **have** a tall tablespoon of chyavana pras, rosehip jam. Neem and pepper tea is amazing.

Eat for your digestion, if digestion is low, cook the food more.

Avoid raw food in winter and when digestion is not brilliant.

Eat in peace turn off the television. Do not digest negativity.

Drink small amounts of warm liquid **WITH** meals for good digestion. The Ayurvedic formula is half fill the stomach with solid food, a quarter with warm liquid, drink or dahl and the remaining quarter space. Help your digestion with this formula.

Try drinking warm to hot water most of the time, your body will begin a slow sustainable de-tox. Make your tummy happy.

Begin the day with a few glasses of warm water to clear the channels. Do not torture yourself immediately with coffee or cold liquids.

Remember a positive change in diet is the first and possibly the best medicine. Diet is great medicine and the choice is free!

When trying to control a negative habit, try introducing a habit which is better, add some Ayurvedic harmony and you have a Higher Taste! Our habits are thieves unless contained they do what thieves do!

Use a true natural mineral salt in your cooking, salt can be a profound medicine when the true rock salt, Saindhava, from the mountains is used in moderate amounts. One teaspoon per person per day is a minimum healthy requirement.

Cook a kitchari whenever you need a lift, or feel like nurturing yourself and friends. If you want a great sustainable de-tox enjoy kitchari meals and fruit snacks for 21 days.

Never eat while the previous food is still being digested, this type of grazing on grazing causes un-digested toxins to form.

Remember “Digestion, Agni the fire” in the stomach is the key to GOOD health. And life itself!

Never drink tea or coffee with meals, it taxes Agni and blocks digestion. Drink ONE cup a day, with No sugar, outside of meals!

Never add sugar to your drinks, read Safe and Unsafe carbohydrates! Eat Safe carbohydrates.

Remember this great secret, if you are a **vegetarian** you must eat Dahl everyday to be protein sufficient.

All the best! Jay D Mulder



The Brunton Boatyard, Kochi, South India -
Jay dining with the Ayurvedic class of 2008.

From the Advanced Diploma of Ayurveda group 2012

Incorporate Ayurvedic recipes, one at a time, 'Let your food become your friend'.

Maureen Lisle

Exercise before breakfast and maintain regular bowel movement.

David Turner

Avoid eating nuts between meals. If you smoke, only smoke after meals followed by a cup of licorice tea to sooth the throat.

Bradley Leech

Have a pot of herbal tea on a candle stand, with mantras playing, flowers in vases and incense burning.

Kerrieann Winkley

Reduce time on iPhones, send text messages instead. Clean your tongue with a scraper, oil your nostrils and self-massage with the appropriate oil every day.

Linda Nugent

Consider Ghee as God's internal moisturiser, counteracting the dryness and roughness of Vata (large amounts), the heat and dryness of pitta and the poor digestion of kapha (small amounts).

Jules Inglis

Go to bed playing the OM mantra! Preform self-massage with the appropriate oil (according to season) after a shower to nurture the body and soul. Boil water (which lowers surface tension and removes toxins) and drink a few glasses per day, hot for vata and kapha and cool a little for pitta.

Lyn Pearsall

When possible avoid taking food too late at night....If unavoidable a warm lohasavam drink will pick up your digestion quickly.

Heidi Drury

Enjoy life! Be ready to choose a higher taste, for example, do not eat standard milk chocolate, choose an organic cocoa bean dark chocolate. If you add sugar to your tea or coffee put a plump fresh date on the saucer instead, the pure sweet healthy taste makes the taste of processed sugar fade away.

Annabel Parker

Remember the Village Wisdom

If you evacuate after breakfast your doctor will become rich and if you have a good evacuation before breakfast your health professional will be poor!

Consider that if you do NOT have a good bowel movement before breakfast that you will eat only light fruit for breakfast and drink hot water in order to train the body and mind over time to evacuate before breakfast.

You might consider Triphala at bedtime, the non-laxative bowel mover, digestive and liver tonic of Ayurveda. Which tones the bowel and cleanses the body.

Nature is not controlled nor manipulated, but respected by the wise!



**‘The truth is inconceivably simultaneous the same
yet different!’**



The first lotus from Lyn Pearsall's garden. Summer 2011

www.eumundimedicineman.com for cooking demonstration

ॐ

